

Parks~Recreation



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city of
golden
valley

Fall 2013

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MISSION STATEMENT

THE MISSION OF THE GOLDEN VALLEY PARK AND RECREATION DEPARTMENT IS TO BUILD COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.

VISION STATEMENT

THE CITY OF GOLDEN VALLEY SHALL NURTURE PLACES, EVENTS, AND ASSOCIATIONS THAT MAINTAIN RECREATION AS A FOCAL POINT OF FAMILY AND COMMUNITY LIFE.

Parks & Recreation Office

200 Brookview Parkway,
Golden Valley, Minnesota 55426
Hours: Monday-Friday, 8:00 AM-4:30 PM
Phone: 763-512-2345 Fax: 763-512-2344
Activity Cancellation Line: 763-512-2350

Brookview Golf Course

Phone: 763-512-2300
Fax: 763-512-2311
Tee Times: 763-512-2330
Par 3 Course: 763-512-2333
Cancellation Line: 763-512-2300

City Hall

7800 Golden Valley Road,
Golden Valley, Minnesota 55427
Hours: Monday-Friday, 8:00 AM-4:30 PM
Phone: 763-593-8000 Fax: 763-593-8109

City Offices Closed

Monday, September 2
Labor Day

Monday, November 11
Veteran's Day

Thursday, November 28
Thanksgiving

Friday, November 29
Thanksgiving

Tuesday, December 24
Christmas

Wednesday, December 25
Christmas



This document is available in alternate formats upon a 72-hour request. Please call 763-593-8006 (TTY: 763-593-3968) to make a request. Examples of alternate formats may include large print, electronic, Braille, audiocassette, etc.





JOIN THE 6TH ANNUAL
GOLDEN VALLEY LILAC PLANTING PROJECT

SATURDAY, SEPTEMBER 28
9 AM - 1 PM

Planting occurs in the morning and is capped by a celebration luncheon. Invite friends, neighbors, groups and organizations to join the planting. You'll enjoy watching your plants grow along Hwy 55. If you are a member of a community organization or business, suggest members to volunteer as a group. Contact Dwight Townes at 763-377-8469 or Sandy Werts at 763-512-2341 or swerts@goldenvalleymn.gov or register online at: www.goldenvalleymn.gov/events/lilacplanting/index.php.



3rd Annual
Valley Volunteer Day

SATURDAY, SEPTEMBER 28 9 AM-4 PM
VARIOUS GOLDEN VALLEY LOCATIONS

The Envision Connection Project Bridge Builders sponsor Valley Volunteer Day each year to help beautify Golden Valley, promote healthy living, and share community pride. Details at www.goldenvalleymn.gov/events/valleyvolunteerday/index.php.



Brookview Park is located at the southwest corner of Highway 55 and Winnetka Avenue. Plan a neighborhood, family or company picnic. Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during business hours.

Time Frames Available:

11:00 AM-4:00 PM
5:00 PM-Dusk

Serving Beer or Wine?

Beer or wine only can be served after the \$25 permit has been purchased.

Damage/Clean-up Deposit

A \$100 refundable deposit is due and payable at time of reservation.

- Deposits will be refunded the week following your reservation.
- Due to processing procedures, deposits paid by check or cash could take up to 4 weeks to receive and those paid by credit card will be processed immediately.

Play Equipment Kits

Kits Include: Basketball, Soccer ball, Volleyball, Playground ball, Mini-soccer ball, 4 throw-down bases, 2 softballs and 2 bats (1/child, 1/adult). **\$15 rental, plus \$30 refundable deposit**
Other Items: Bocce Ball Set or Tug-of-War Rope. **\$10 rental, plus \$10 refundable deposit**

Holds up to 50 people

Two water fountains, 10 tables, 6 outlets, restroom short distance.

Resident - \$90

Non-Resident - \$105



Small Shelter

Holds up to 100 people

Fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.

Resident - \$105

Non-Resident - \$125



Large Shelter

BROOKVIEW PARK PICNIC SHELTERS



Monster Mash Teen Dance



FRIDAY, OCTOBER 25

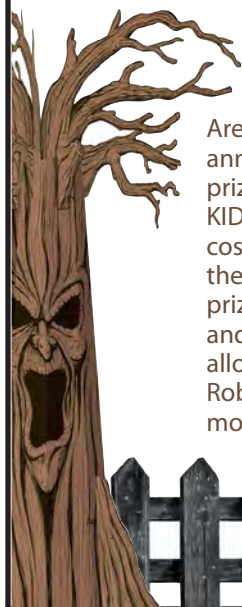
7:00-9:30 PM

CRYSTAL COMMUNITY CENTER

Grades
5-7

\$5 if paid by Oct 24, \$8 at door
Code: 12361

Are you ready to have a ghoulish time at this annual event? There will be music, contests, prizes and fun. Music provided by a DJ from KIDSDANCE/Total Entertainment. Wear a costume and receive a treat! Participate in the Costume Contest and you could win a prize! Please note-inappropriate costumes and/or behavior at the event will not be allowed. Event is co-sponsored with Crystal, Robbinsdale and New Hope. Save some money by registering in advance!



Daddy/Daughter Princess Ball

Ages 3-9 with Daddy

Join us for an enchanted evening with Once Upon a Star's Cinderella, and her friends Sleeping Beauty and Pocahontas. Princesses ages 3-9 and your daddy, will enjoy dancing, a snack, a photo, and craft project. Adults bring a camera to capture this memorable evening. Register by November 7.

Friday, November 15

6:15-7:45 PM

Brookview Community Center

\$21/pair Resident

(Crystal, Golden Valley, New Hope, Robbinsdale)

\$28/pair Non-Resident

Code: 12330



Mailbox to the North Pole

Santa Claus will have a special Direct-to-the-North Pole mailbox at Brookview Community Center, where boys and girls can drop off their letters. Santa's helpers will pick up the letters each evening and deliver them straight to the North Pole. Santa Claus requests that each letter include the full name and address of each sender so he can reply to each one.

December 6-20, 2013
Brookview Community Center

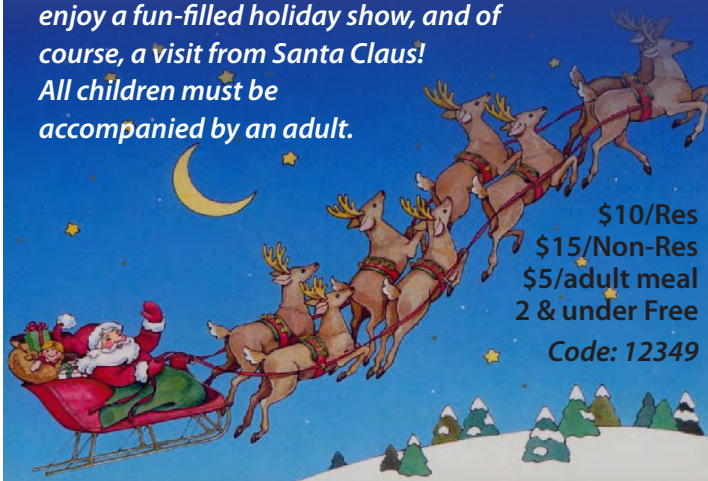
SUPPER WITH SANTA

**Ages 2+
with an
Adult**

Friday, December 6 • 6:00-7:30 PM

Brookview Community Center

Spend a special Friday evening having pizza dinner with holiday music. After dinner, enjoy a fun-filled holiday show, and of course, a visit from Santa Claus!
All children must be accompanied by an adult.



\$10/Res
\$15/Non-Res
\$5/adult meal
2 & under Free
Code: 12349



About the Instructor... Lisa London

has a BS degree with a double major in Music/Elementary Education, including pre-school and kindergarten. She has been teaching the Kids' Club for over 15 years.

Kids Club *Ages 3-5*

Instructor, Lisa London, will provide creative activities for your child. With her background in early childhood education, this course promises to be a fun, positive experience. Activities include: games, stories, music, finger plays and arts and crafts. Children must be potty trained.

Site: Brookview Community Center
Fee: \$50, Resident \$45

Day	Date	Time	Code
Mon/Wed	Sept 9-Oct 16	9:30-11:00 AM	12228
Mon/Wed	Oct 21-Dec 9	9:30-11:00 AM	12230
(No class Nov 11, 25 & 27)			
Tue/Thu	Sept 10-Oct 17	9:30-11:00 AM	12229
Tue/Thu	Oct 22-Dec 10	9:30-11:00 AM	12231
(No class Nov 5, 26 & 28)			

Zumbatomic

Ages 6-12

This class is designed exclusively for youth ages 6-12. This class will be a rockin', high-energy fitness-party packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

*This course is run in cooperation with Crystal Recreation. *Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Crystal Community Center
Fee: \$37, *Resident \$30

SESSION I

Date: Tue, Sept 24-Oct 29
Time: 5:00-6:00 PM
Register By: Sept 16
Code: 12362

SESSION II

Date: Tue, Nov 12-Dec 17
Time: 5:00-6:00 PM
Register By: Nov 4
Code: 12363



Pre-School Playtime

Ages 1-5 with an Adult

Come run, jump, crawl and have a great time indoors at Brookview Community Center. A variety of play areas will be set up for your child ages 1-5. Adult participation required. No instruction provided. No fee for parents and children under age 1. Pay at the door or a punch pass can be purchased at Brookview Community Center.

Site: Brookview Community Center
Fee: \$3/child/day, 10-visit pass \$25

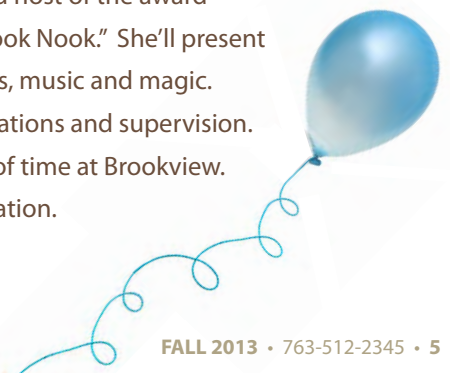


Date: Friday, Sept 13-Dec 27
Time: 10:00-11:30 AM

HAPPY BIRTHDAY PARTY

Ages 3+

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer and host of the award winning cable show, "The Magic Book Nook." She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 3-hour block of time at Brookview. Call 763-512-2345 for more information.



TAP & BALLET *Ages 4+*

Students will have fun learning dance routines to a variety of music. Basic dance skills will be taught in the beginning and intermediate classes. Experienced dancers work on more advanced tap, ballet and jazz routines. Please wear comfortable clothing such as a leotard and tights. Students provide their own BLACK tap and ballet shoes. A shoe exchange will be held the 2nd week of the 1st session. Details will be given at the first class of the first session. Costumes are ordered in December for the recital. Fees are collected prior to ordering. Parent viewing will be the last class of session 1 & 2 only. Instructed by Toni Nelson, who has taught tap and ballet in Golden Valley since 1974, and Nicki Cullen, Toni's Daughter, has been teaching with Toni since 1992. **Students must have instructor approval to continue into advanced/master courses.*



Site: Brookview Community Center **Fee:** \$45, Resident \$40

Session 1: Sat, Sept 14-Nov 9 (No class Oct 19)

Session 2: Sat, Nov 16-Jan 25 (No class Nov 30, Dec 28, Jan 4)

Session 3: Sat, Feb 1-March 29 (No class Feb 15)

**Tentative
Recital Date:**
April 5 or 12

BALLET

Level	Time	Code
Beginner (Ages 4-6)	8:00-8:30 AM	Session 1 - 12289 Session 2 - 12290 Session 3 - 12291
Intermediate (Ages 7+)	9:00-9:30 AM	Session 1 - 12292 Session 2 - 12293 Session 3 - 12294
Advanced*	10:00-10:30 AM	Session 1 - 12295 Session 2 - 12296 Session 3 - 12297
Master*	11:00-11:30 AM	Session 1 - 12298 Session 2 - 12299 Session 3 - 12300

TAP

Level	Time	Code
Beginner (Ages 4-6)	8:30-9:00 AM	Session 1 - 12301 Session 2 - 12302 Session 3 - 12303
Intermediate (Ages 7+)	9:30-10:00 AM	Session 1 - 12304 Session 2 - 12305 Session 3 - 12306
Advanced*	10:30-11:00 AM	Session 1 - 12307 Session 2 - 12308 Session 3 - 12309
Master*	11:30 AM-12:00 PM	Session 1 - 12310 Session 2 - 12311 Session 3 - 12312

Little Tigers Self Defense *Ages 3-5*

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect—great personal tools to carry into the future. No uniform is required or provided for this program. Please arrive 5 minutes early so that your child is ready to begin at the start of the class. **Resident fee applies to Golden Valley and St. Louis Park residents.*

Site: Davis Community Center
Fee: \$54, *Resident \$49

Day	Date	Time	Code
Tue	Sep 10-Oct 15	5:45-6:15 PM	12261
Tue	Oct 22-Dec 3	5:45-6:15 PM	12262
(No class Nov 5)			

About the Instructor...

Tom Malone

Tom Malone is a former martial arts state champion with over 17 years experience in martial arts.

Tae Kwon Do *Ages 5+*

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape. **Resident fee applies to Golden Valley and St. Louis Park.*

Site: Davis Community Center
Fee: \$69, *Resident \$64

BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Sep 10-Oct 15	6:15-7:00 PM	12264
Tue	Oct 22-Dec 3	6:15-7:00 PM	12266
(No class Nov 5)			

ADVANCED

Day	Date	Time	Code
Tue	Sep 10-Oct 15	7:00-7:45 PM	12265
Tue	Oct 22-Dec 3	7:00-7:45 PM	12267
(No class Nov 5)			



Cheer America

Ages 4-16

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students will learn popular junior high and high school cheers, chants, choreographed pom/dance routines, parade marching techniques and other performance skills required for cheerleading tryouts. The program promotes physical fitness, personal esteem, working as a team and respect for authority. Students also get to participate in clinics, competitions, special performances and march in parades throughout the state. At the end of the program, students will perform a group recital. Students receive a certificate and medal.



**REGISTER AT DAVIS COMMUNITY CENTER
ON TUESDAY, SEPTEMBER 24 FROM 6:00-7:45 PM.**

Site: Davis Community Center

Fee: \$4 Enrollment Fee, plus \$6/night at the door

	Day	Date	Time
Ages 4-8	Tue	Oct 1-Dec 17	6:00-6:45 PM
Ages 9-16	Tue	Oct 1-Dec 17	7:00-7:45 PM

Kids Yoga & Mindful Movement

Ages 4-8

Yoga is for EVERYBODY! Boys and girls will have fun exploring yoga poses and playing group games. Each class will start and end with a stillness or calming activity. Through yoga, children will learn how to tune into their bodies, enhance imagination and move their bodies in a non-competitive environment. Studies have shown that children who practice yoga have increased concentration, fewer behavior outbursts, and improved coping skills. Yoga mats will be available for use. Please arrive on time and have participants wear clothing suitable for movement. Class taught by Cindy Margolis.

Site: Brookview Community Center

Time: 10:00-10:45 AM

Fee: \$41, Resident \$36

Date: Sat, Sept 21-Oct 12

Code: 12324

Date: Sat, Nov 9-Dec 7 (No class Nov 30)

Code: 12325



About the Instructor... Cindy Margolis

Cindy is certified to teach Children's Yoga and Power Yoga. She has a Master's Degree in Early Childhood Special Education from University of St. Thomas. She has been teaching preschool for 13 years. She started teaching yoga for kids in 2010 and has been practicing yoga for 11 years.

SCIENCE EXPLORERS

Magical Magnets *Ages 3½-6*

Join Science Explorers for an afternoon of magical magnet fun. We will explore magnetic force with fun, hands-on experiments. We will use a variety of different shape and size magnets as well learn about attraction and repulsion, magnetic poles and the invisible magnet force. Please join us as we also play games and make art projects to learn more about this mysterious force.

Site: Brookview Community Center

Fee: \$18, Resident \$13

Day	Date	Time	Code
Tue	Sept 24	12:30-2:00 PM	12336

Fall into Science

Ages 3½-6

Join Science Explorers as we discover this wonderful time of year. As fall comes to Minnesota, we will learn how nature responds to the changes happening all around us through migration, hibernation and adaption. Topics will also include leaves, weather, animals, along with other changes that take place during this very special time of year.

Site: Brookview Community Center

Fee: \$52, Resident \$47

Day	Date	Time	Code
Tue	Oct 1-29	12:30-2:00 PM	12337



Fascinating Physics *Ages 3½-6*

In Fascinating Physics, preschoolers will use their natural curiosity to explore physics, the science of motion. Using Lego and K'NEX building systems, preschoolers will investigate force, friction, gravity, simple machines and much more with engaging activities and experiments. Please join us for this fun, Jr. STEM class as we take our first steps into the fascinating world of physics.

Site: Brookview Community Center

Fee: \$61, Resident \$56

Day	Date	Time	Code
Tue	Nov 12-Dec 3	12:30-2:00 PM	12338

Youth Art Classes

Course offering for youth Ages 18 months-15 years old

These course offerings are run in cooperation with Crystal Recreation. *Resident fee applies to Crystal, Golden Valley, New Hope & Robbinsdale residents.

Halloween Craft Party

Ages 18 mo-6 with an Adult

Park your broom at the door, come on in and create something spooktacular! Get messy with paint and clay as you make a black cat, ghost or jack-o-lantern. The children are welcome to wear their costumes to class. Come and create right along with your child in this hands on class! Child must be accompanied by a caregiver **Register by Oct 21.**

Site: Crystal Comm Center **Fee:** \$19, *Resident \$12
Date: Mon, Oct 28 **Code:** 12351
Time: 9:30-10:30 AM



Parent/Child Ornament Making

Ages 18 mo-6 with an Adult

All New Ornaments for 2013! Join us for an ornament making party. We will set up 4 stations, each with a different ornament project. These ornaments will make great keepsakes or holiday gifts! Come and create with your child! Child must be accompanied by a caregiver. **Register by Nov 27.**

Site: Crystal Comm Center **Fee:** \$19, *Resident \$12
Date: Thu, Dec 5 **Code:** 12353
Time: 9:30-10:30 AM

Creepy Cupcakes *Ages 5+ with an Adult*

Learn to decorate creepy Halloween cupcakes together in this 90-minute class. We will make eerie eyeballs, mysterious mummies and spooky spiderwebs. Participants need to bring 12 cupcakes and a container to bring your completed treats home in. **Register by Oct 21.**

Site: Crystal Comm Center **Time:** 2:00-3:30 PM
Date: Sun, Oct 27 **Fee:** \$26, *Resident \$19
Code: 12367



You Are My Sunshine Art Class

Ages 18 mo-6 with an Adult

Sing along with us as we create art inspired by one of your child's favorite songs: You Are My Sunshine. We'll paint, tear, and glue to make colorful art. Combine your child's love of art and music in this class! Child must be accompanied by a caregiver. **Register by Nov 1.**

Site: Crystal Comm Center **Fee:** \$19, *Resident \$12
Date: Sat, Nov 9 **Code:** 12352
Time: 11:00 AM-12:00 PM

Cookie Monster *Ages 2-6 with an Adult*

Our Cookie Monster plate will be personalized with your child's handprint. We provide all the materials necessary to create the perfect Keepsake! Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by Oct 17. Program starts promptly at 9:30 AM. Participants may not need the full hour and a half to complete their project and can leave when done. **Register by Sept 25.**

Site: Crystal Comm Center **Fee:** \$24, *Resident \$17
Date: Sat, Oct 5 **Code:** 12354
Time: 9:30-11:00 AM



Mitten Plate *Ages 2-6 with an Adult*

Make a holiday keepsake plate. Your Mitten plate will be made with love and your hand prints. We provide all the materials necessary to create the perfect holiday gift or keepsake! Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by Dec 16. Class starts promptly at 9:30 AM. Participants may not need the full hour and a half to complete their project. **Register by Nov 21.**

Site: Crystal Comm Center **Fee:** \$24, *Resident \$17
Date: Mon, Dec 2 **Code:** 12355
Time: 9:30-11:00 AM

Thomas the Tank Engine Art Class

Ages 3-6

Toot toot, all aboard! Children ages 3-6 can come and create art inspired by the famous blue steam engine - Thomas the Tank Engine. **Register by Oct 4.**

Site: Crystal Comm Center **Code:** 12350
Date: Sat, Oct 12
Time: 10:30 AM-12:00 PM
Fee: \$22, *Resident \$15



Glitter Girls Art Class

Ages 5-10

Hey girls ages 5-10 years old! Join us and create a glittery, girly masterpiece in this super cool class. We'll even paint our fingernails! Sorry boys, this class is for girls only! **Register by Nov 1.**

Site: Crystal Comm Center **Fee:** \$22, *Resident \$15
Date: Sat, Nov 9 **Code:** 12364
Time: 12:30-2:00 PM



My Own Pizza Plate

Ages 10-15



Youth ages 10-15 will customize their own personal plate for everyone's favorite meal, Pizza! Add your own special touch by adding the toppings of your choice to your plate. This will truly be an original. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by Oct 30. Participants may not need the full 2 hours to complete their project. **Register by October 4.**

Site: Crystal Comm Center **Fee:** \$24, *Resident \$17
Date: Wed, Oct 16 **Code:** 12365
Time: 9:30-11:30 AM

Mine Craft Basics

Ages 7-12



Minecraft is the game phenomenon focused on creativity and building, allowing players to build environments out of textured cubes in a virtual 3D world. Youth ages 7-12 will be introduced to Minecraft in real life with our customized Legos, and finally film a stop motion movie using Minecraft-inspired Lego creations. The focus will be on creating Minecraft-inspired Lego worlds, and filming. Students will take home 2 Lego Microfigs, and an animated movie to show off their creations. **Register by November 19.**

Site: Crystal Comm Center **Fee:** \$49, *Resident \$42
Date: Wed, Nov 27 **Code:** 12367
Time: 9:00 AM-12:00 PM

Santa Bobbles Art Class

Ages 5-10

Get your kids excited about Christmas with this fun class! Youth ages 5-10 will love this project; we'll create Santa bobble heads out of Model Magic® clay. Sign up early for this one, before it fills up! **Register by December 5.**

Site: Crystal Community Center
Date: Thu, Dec 12
Time: 6:00-7:30 PM
Fee: \$22, *Resident \$15
Code: 12366



Drama Club *Ages 6-17*

Our fall Drama Club will continue its long history of exciting productions! We'll focus on preparing and performing a play to be showcased on Thursday, December 5 at 7:00 PM. All participants must be able to participate in the final performance. Instructor has extensive training in theatre, film and advertising.

Site: Noble School **Fee:** \$104, Resident \$99



Ages	Day	Date	Time	Code
6-12	Tue/Thu	Sept 17-Dec 5	6:15-7:30 PM	12368
(No class Nov 28)				
13-17	Tue/Thu	Sept 17-Dec 5	7:30-8:45 PM	12369
(No class Nov 28)				

American Red Cross Babysitting Training *Ages 11-15*

This course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Participants must be 11 years old by the day of the class. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing; First Aid: Every babysitter needs to know what to do if an accident happens; Leadership: How do you have fun with the kids, but stay in control; Professionalism: What should you ask during a babysitting interview? **Participants must provide a lunch and snack.**

Site: Brookview Community Center
Time: 8:00 AM-4:30 PM
Fee: \$82, Resident \$77

Day	Date	Code
Sat	Sept 28	12250
Sat	Nov 9	12251
Sat	Jan 18	12252

Rink Rat Hockey for Boys & Girls *Ages 7-12*

This outdoor hockey program for boys and girls consists of two pre-season practices and 8 instructional games. Volunteer coaches officiate all games and there are no goalies, only goal covers. Half of the games are played in other communities including: St. Louis Park, Minnetonka, New Hope, Robbinsdale, Plymouth and Crystal. Games will be rescheduled in the event of cancellations (weather permitting). Schedules will be mailed to participants the week of December 23. A league jersey and participation award are provided. Waiting lists will be taken after the registration deadline and partial teams will be merged with other communities if necessary. **Registration deadline is December 18.**



Participants must supply: Hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup (if applicable).

Site: Wesley Park & other community locations (see description)
Day: Fri evening & Sun afternoon
Fee: \$45, Resident \$40

Ages	Date	Code
7-9	Jan 3-Feb 7	12370
10-12	Jan 3-Feb 7	12371

Music Programs



Private Piano Lessons

Ages 7+

These 30-minute lessons are taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

TO REGISTER: Contact the Music For Everyone Coordinator at 763-509-5224 to establish a lesson time. After you establish a lesson, call the Recreation office to register over the phone with Visa or MasterCard.

Site: Brookview Community Center

Times Available: Between 3:30-9:00 PM

INSTRUCTED BY JULIE PRUSE

Day	Date	Fee	Code
Tue	Sept 10-Oct 22 (7 classes)	\$157, *Res \$147	12315
Tue	Oct 29-Dec 17 (7 classes)	\$167, *Res \$157	12313
(No class Nov 5)		Includes Recital Fee	

INSTRUCTED BY MILA MARON

Day	Date	Fee	Code
Wed	Sept 11-Oct 23 (7 classes)	\$157, *Res \$147	12314
Wed	Oct 30-Dec 18 (7 classes)	\$167, *Res \$157	12316
(No class Nov 27)		Includes Recital Fee	

About the Instructor... Mila Maron

Mila has a Bachelor's Degree in Music and a Master's Degree in Arts with an emphasis on Piano. She is a member of MMTA and has been teaching piano for MFE for over 16 years.

Keyboard Camp for Little Mozarts

Ages 4-6

Young students get a jump start on piano skills with the popular "Music for Little Mozarts" series. Each lesson includes music facts, movements, singing, percussion instruments and time on the keyboard. Learn about classical music of Mozart, Beethoven, and other composers. The first piano book will be available for purchase for \$8 at the first class. Limit 2 students.

Site: Brookview Community Center

Fee: \$80, Resident \$72

Day	Date	Time	Code
Tue	Sept 17-Oct 22	1:45-2:15 PM	12320
Tue	Nov 12-Dec 17	1:45-2:15 PM	12321

First Steps in Musicland *Ages 18 months-5 years with an Adult*

Basic musical concepts through a variety of fun activities. Parents and children will dance, sing and play while learning rhythm and fine and gross motor coordination. Instructed by Julie Pruse. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Community Center

Fee: \$54, *Resident \$49

Day	Date	Time	Code
Tue	Sept 17-Oct 22	2:30-3:15 PM	12317
Tue	Nov 12-Dec 17	2:30-3:15 PM	12318

About the Instructor... Julie Pruse

Julie is a warm, engaging, and energetic teacher with more than 20 years of teaching experience in both private and group lessons. She provides music instruction for ages 18 months- adult using a wide variety of methodology that suits each individual learning style. She teaches a vast repertoire of curriculum including Classical, Jazz, early-childhood, composition, and music theory. Sight-playing and ear-training are also implemented into each lesson. Julie has been active in several local and national music organizations including: Minnesota Music Teacher Association, Minneapolis Music Teachers Forum, West Suburban Music Teachers Association, and American College of Musicians National Guild of Piano Teachers. In addition to her teaching career, Julie also enjoys spending time with her two children ages 8 and 12, Long-distance running, reading, song-writing, and playing the guitar.





youth basketball

Basketball Camp

Grades K-1

Youth in grades K-1 learn and develop new skills and advance their games in this FUNdamentals-based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl. **Resident fee applies to Golden Valley and Crystal. Register by October 1.*

Site: Davis Community Center

Date: Mon/Wed, Oct 7-23

Time: 6:00-7:30 PM

Fee: \$50, *Resident \$43

Code: 12260

High Performance Basketball Camp

Grades 4-6

The camp is designed for players in grades 4-6 who want to push their game to a higher level. Previous Hoopstars camp experience preferred, but not necessary. Only for the most serious players that are willing to give the extra effort to excel. Camp will consist of nine hours of total instruction by Hoopstars-qualified coaches. Players will be tested on advanced skills during the camp. Open to both boys and girls. **Resident fee applies to Golden Valley and Crystal. Register by October 26.*

Site: Forest Elementary Gym, Crystal

Date: Fri, Nov 1-Dec 13 (No class Nov 29)

Time: 6:00-7:30 PM

Fee: \$50, *Resident \$43

Code: 12263

YOUTH BASKETBALL *Grades 2-6*

This is a recreational basketball leagues for 2-6 graders that focus' on teaching the skills of basketball, playing as a team and teaching good sportsmanship. Standings are not kept and there is no tournament play. Practices begin mid-January, with days and times varying due to gym and coach's availability. Register your child for the correct division based on his/her grade. Players are allowed to play one grade level up. Two players may request to play together. Please do not ask us to make exceptions. The Department reserves the right to limit the number of players per team, and the right to combine divisions if registration is not sufficient and to cancel a team if a volunteer coach cannot be found. This program is co-sponsored with the City of Golden Valley, Robbinsdale, and St. Louis Park and will include teams from all cities. **Register by December 10.**

VOLUNTEER COACHES ARE NEEDED!



Help get basketball off to a great start! Volunteer parent coaches are necessary for the success of this program.

PRACTICES *Weekday Evenings beginning early January*

Practice sites include: Meadowlake, Neill, Northport, Forest and Crystal Community Center. Day/time will vary due to gym/coach availability. Coaches will call teams after January 4 with practice information.

GAMES *Saturday afternoons, January 25-March 8*

Scrimmage day will be January 18. Held at Crystal Community Center and Davis Community Center.

Fee: \$57, *Resident \$50 **Resident fee applies to those residing in Crystal, St. Louis Park, Robbinsdale and Golden Valley.*

Boys Grade 2 - Code: 12255

Boys Grade 3 - Code: 12256

Boys Grade 4-6 - Code: 12257

Girls Grade 2-3 - Code: 12258

Girls Grade 4-6 - Code: 12259



Basketball Winter Warm-up for Boys & Girls

Looking to improve your skills and fundamentals before the season starts? Offense...Defense...Dribbling...Passing...Shooting... and Sportsmanship are all key elements to basketball, and our basketball coach, Ron Behl, will help get you ready for the upcoming league. It is also a great time to learn the game of basketball for the first time. **Resident fee applies to Golden Valley and Crystal. Register by Oct 26.*

GRADES 2-3

Site: Davis Community Center

Date: Wed, Nov 6-Dec 18 (No class Nov 27)

Time: 6:00-7:30 PM

Fee: \$52, *Resident \$45

Code: 12270

GRADES 4-6

Site: Forest Elementary Gym, Crystal

Date: Mon, Nov 4-Dec 9

Time: 6:00-7:30 PM

Fee: \$52, *Resident \$45

Code: 12271

Target & Xcel Energy Center Events

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for these events. This is for children and adults of all ages! A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation. Children age 2+ need a ticket.

TICKET PICK-UP: Participants will be notified when tickets are available for pickup at the Recreation office.

Shrine Circus at Target Center

Saturday, November 30 • 3:00 PM

\$22, Resident \$17 (lower level reserved)

Code: 12372

Presenting the ultimate in exciting entertainment, the 2013 Minneapolis Zuhrah Shrine Circus rolls into Minneapolis with an all-new show! The Target Center will roar to life with tantalizing tigers, enchanting elephants and dramatic daredevils. Passionate performers from 15 countries will dazzle circus fans with new, amazing feats in the biggest and best Shrine Circus ever. From the delightful antics of the Shriner clowns to the spellbinding feats of the acrobats, you won't want to miss one exciting moment of this magical family show.

Register by November 15.



Sesame Street Live at Target Center

Sunday, January 26 • 1:00 PM

\$19, Resident \$14 (lower level reserved)

Code: 12373

No matter where you're from or where you've been, everyone is special-so join in! Elmo, Grover, Abby Cadabby and their Sesame Street friends welcome Chamki, Grover's friends from India, to Sesame Street! Together, they explore the universal fun of friendship and celebrate cultural similarities, from singing and dancing, to sharing cookies. Ages 1+ need a ticket. Register by January 10.

Disney Live "Pirates & Princess Adventure" at Xcel Center

Sunday, October 20 • 1:00 PM Code: 12374

\$24, Resident \$19 (lower level reserved)

Mickey and Minnie are taking their seats at this never before-seen live show featuring your favorite characters from Disney Junior's hit series, Sofia the First and Jake and the Never Land Pirates. Get swept up in the excitement as Sofia and her family prepare for a royal celebration that helps us all learn the true meaning of being a princess with a special appearance from Cinderella. Then it's off to Never Land where Jake and his swashbuckling friends Izzy and Cubby, with a little help from Peter Pan, battle Captain Hook to unlock treasure hidden inside a mysterious volcano. Ages 1+ need a ticket. Register by October 4.



Disney on Ice "Passport to Adventure" at Xcel Center

Thursday, December 12 • 7:00 PM

\$20, Resident \$15 (lower level reserved) Code: 12375

Embark on the ultimate sightseeing vacation with all your favorite Disney characters in "Disney on Ice presents Passport to Adventure." Join Mickey, Minnie, Donald, Goofy and Daisy on a journey to the magical worlds of Disney's the Lion King, the Little Mermaid, Peter Pan, and Lilo and Stitch. You'll explore the Pride Lands with Simba, Timon and Pumbaa; voyage under the sea with Ariel and all her aquatic friends; tour London with Peter Pan and Wendy, before flying to Never Land. We'll also travel to Hawaii to visit Lilo and Stich.

NOTE: Children under 2 are free! Register by November 22.

Youth Athletic Associations

Cooper/Armstrong Girls Fastpitch Softball

GIRLS AGE 9-12

cooperarmstrongfastpitch@gmail.com
www.cooperarmstrongfastpitch.org

Golden Valley Phoenix Soccer Club

BOYS AND GIRLS AGE 9-18

763-544-9829

www.gvphoenixsoccer.org

Cooper/Armstrong Youth Baseball

BOYS AGE 12-19

Contact: Pat Backen, 763-439-6454

pat.backen@gmail.com

www.raybaseball.com

Girls Slowpitch Softball

GIRLS IN GRADES 3-12

Contact: Tommy Thompson, 763-544-9829

tthompson@premiersalons.com

www.gvgs.org

Golden Valley Little League Baseball

BOYS AND GIRLS AGE 7-12

Contact: Pate Dale, 763-593-9077

gvdales@comcast.net

www.goldenvalleylittleleague.org



Adaptive Recreation Programs

The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, Plymouth, and REACH for Resources. REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area. Services include information, referral, advocacy and counseling. For information and registration procedures, call Sarah at 952-988-4177. *NOTE: For persons not living in one of the above communities, you are considered a "Non-Resident" and need to add the indicated non-resident fee to the registration fee.*



www.reachforresources.org

YOUTH PROGRAMS *AGES 5-12*

FAMILY YOGA Increase attention span, focus, muscle tone, and flexibility. Yoga is beneficial in so many ways! This class is designed for children with disabilities and their parents to learn yoga together. Siblings are welcome too! All children must be accompanied by at least one adult. Held at St. Louis Park Recreation Center (3700 Monterey Drive, St. Louis Park) on Tue, Sept 17-Oct 22 from 7:00-8:00 PM. \$50 per parent/child Res, \$58 per parent/child Non-Res, \$20/add'l family member.

BOWLING Join us for fun, non-competitive bowling. You will bowl 2 games each week. Held at Doyle's Bowling (5000 West Broadway, Crystal) on Sat, Sept 14-Nov 2 from 12:00-2:00 PM. \$35/Res, \$43/Non-Res, plus \$3.50/week.

INCLUSIONS REACH For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your Park and Recreation Department. After registering, contact REACH for Resources to discuss the needs/accommodations for yourself or your child. We request a minimum of two weeks notice for a successful inclusion.

TEEN PROGRAMS *AGES 13-21*

TEEN EXPLORERS Get to know new friends while trying new activities! Games, art projects, community events, and more! Held at various metro locations on Tue, Sept 10-Oct 29 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

BOWLING Join us for fun, non-competitive bowling. You will bowl 2 games each week. Held at Doyle's Bowling (5000 West Broadway, Crystal) on Sat, Sept 14-Nov 2 from 12:00-2:00 PM. \$35/Res, \$43/Non-Res, plus \$3.50/week.

SOCIAL SEEKERS This is a program for teens and young adults with Asperger's Syndrome. We meet once a week for fun and social interaction. Groups are available for varying age groups (12-14, 15-18, and 19-30) and at various locations. Intake is required for all new participants. Call Sarah for information at 952-988-4176.

ADULT PROGRAMS *AGES 18+*

BOWLING Join us for fun, non-competitive bowling. You will bowl 2 games each week. Held at Doyle's Bowling (5000 West Broadway, Crystal) on Sat, Sept 14-Nov 2 from 12:00-2:00 PM. \$35/Res, \$43/Non-Res, plus \$3.50/week.

WEDNESDAY NIGHT SOCIAL Meet new friends while enjoying games, dances, movies, bingo, etc. at Brookview Community Center, (200 Brookview Parkway, Golden Valley) on Wed, Sept 11-Nov 6 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

THE HEALTH CLUB Each week we will focus on a different aspect of healthy living – yoga, hiking, making healthy meals, and MORE! Learn important skills and have fun! Held at various locations on Thu, Sept 19-Oct 24 from 6:30-8:00 PM. \$40/Res, \$48/Non-Res.

YOGA Relax, get in shape, and improve flexibility! Held at St. Louis Park Recreation Center (3700 Monterey Drive, St. Louis Park) on Tue, Sept 17-Oct 22 from 7:00-8:00 PM. \$40/Res, \$48/Non-Res.

WALKING FOR HEALTH Keep that body moving and enjoy the community! We will walk at various indoor and outdoor locations on Mon, Sept 16-Oct 21 from 6:30-8:30 PM. \$25/Res, \$33/Non-Res.

ON THE TOWN Social program for adults who can explore their community with minimal supervision. Ages 18-30: Every other Friday beginning mid-Sept. Ages 31+: Every other Saturday beginning mid-Sept. \$20/Res, \$28/Non-Res. Transportation may be available for an additional \$35 per quarter/per person.

SPECIAL EVENTS

FALL FORMAL Time to get all dressed up and dance the night away with your friends! Held at Minnetonka High School Cafeteria (18301 Hwy 7, Minnetonka - park in west lot, use Tonka Center entrance) on Fri, Sept 27 from 7:00-9:00 PM. \$10/Pre-registered (includes 1-4x6 print, add'l prints \$1/each). Register by September 20.

GHOSTLY GALA Join us for this annual spooky celebration! Games, prizes, food, music, and dancing! All money raised goes to fund the REACH for Resources Rec Dept. Held at Brooklyn Park Community Activity Center (5600 85th Ave N, Brooklyn Park) on Sat, Oct 26 from 6:30-9:00 PM. \$10/door, \$8/Pre-registered.



Fall Tennis Programs

For Youth & Adult

\$5 Non-Resident fee will be applied to all registrants not living in Golden Valley.

WANT TO REGISTER?

Contact Twin City Tennis Camps at 612-600-2460 for registration availability and placement prior to registering with Golden Valley Parks & Recreation.

Quick Start Intro Camp

Beginner thru Advanced Beginner

Ages 4-12

Designed to give our young beginners an introduction and initial taste. We will emphasize athletic movement, motor skills, balance coordination along with hand and eye coordination. We focus on cooperation and rally and racket skill development while campers begin to love the game of tennis for the first time. **Campers will be divided by skill level and age at the courts.**

Site: Brookview Park
Date: Sat, Sept 7-Oct 12
Time: 10:00 AM-12:00 PM

Fee: \$125
Code: 12384



Junior Development Camp

Advanced Beginner thru Intermediate *Ages 6-12*

Beginning players will enjoy building stroke development and proper techniques. Intermediate and advanced players will focus on scoring, serving and team matches. Player/coach ratio 6:1. **Campers will be divided by skill level and age at the courts.**

You must specify days participating when you register.

WEEKDAY at Lions Park

Site: Lions Park
Date: Mon-Fri, Sept 3-Oct 11
(No class Sept 2)
Time: 3:30-6:00 PM

Fees: 1/day week - \$155
2/day week - \$225
3/day week - \$315
4/day week - \$405
Code: 12385

WEEKEND at Brookview Park

Site: Brookview Park
Date: Sat-Sun, Sept 14-Oct 13
(No class 28-29)
Time: 1:00-5:00 PM

Fees: 1/day week - \$160
2/day week - \$275
Fee includes 2 tournament entries on Sept 7-8 & 28-29.
Code: 12386

Junior High Performance Camp

Intermediate thru Advanced *Ages 10-18*

This camp is designed for aspiring competitive tennis players. Practices will be intense, competitive and demanding with an emphasis on match play and tournament performance. Player/coach ratio 6:1. **Campers will be divided by skill level and age at the courts.**

WEEKDAY at Wesley Park

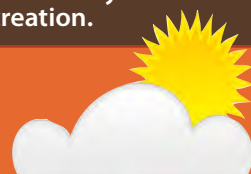
Date: Mon-Fri, Sept 3-Oct 11
(No class Sept 2)
Time: 3:30-6:00 PM
Fee: 1/day week - \$155
2/day week - \$225
3/day week - \$315
4/day week - \$405
Code: 12387

WEEKEND at Brookview Park

Date: Sat & Sun, Sept 14-Oct 13
(No class Sept 7-8 & 28-29)
Time: 1:00-5:00 PM
Fee: 1/day week - \$160 (4 classes)
2/day week - \$275 (8 classes)
Fee includes 2 tournament entries on Sept 7-8 & 28-29.
Code: 12388

Weather appear questionable?

Call the Activity Cancellation Line 20-30 minutes prior to the start of your class - 763-512-2350.



Adult Drills & Match Play

Basics & Beyond (USTA Level 1.0-2.5)

Beginner and advanced beginner lessons with an emphasis on strokes, rallying and serving.

Site: Brookview Park
Date: Tue & Thu, Sept 3-Oct 10
Time: 1:00-3:00 PM

Fee: 1/day week - \$125
2/day week - \$205
Code: 12389

Cardio & Skills Drill (USTA Level 2.5-3.5)

Intermediate and advanced beginner lessons for players who want to practice stroke development and enjoy cardio fitness.

Site: Brookview Park
Date: Wed & Thu, Sept 4-Oct 10
Time: 6:00-8:00 PM

Fee: 1/day week - \$125
2/day week - \$205
Code: 12394

Skills & Strategy Drill (USTA Level 2.5-3.5)

Intermediate competitive drill and play.

Site: Brookview Park
Date: Wed & Fri, Sept 4-Oct 11
Time: 1:00-3:00 PM

Fee: 1/day week - \$125
2/day week - \$205
Code: 12395

Warrior Drill (USTA Level 4.0-5.0)

Advanced competition drill and play.

Site: Brookview Park
Date: Mon & Tue, Sept 2-Oct 8
(No class Sept 2)
Time: 6:00-8:00 PM

Fee: 1/day week - \$125
2/day week - \$205
Code: 12398



Volunteer & Make a Difference!

Look for this column each season for opportunities to volunteer with the City of Golden Valley. For more information on these and other opportunities, please contact Volunteer Coordinator, Sandy Werts at 763-512-2341.

Youth Soccer Coaches

Commitment is from late August-late October. Coaches will have one practice each week and one game on the weekend. Practice time and location is coach's choice. Must have knowledge of soccer and experience working with youth.

Supper with Santa

Held on Friday, December 6. Your help is needed from 5:30-8:30 PM with set-up, running games and clean-up. Event time is from 6:00-7:30 PM.

Youth Basketball Coaches

Commitment is from January-March, with practices during the week and games on Saturday. Coaches should have an understanding of the game of basketball and an ability to work with youth of various abilities.

Rink Rat Hockey Coach

Commitment is from early January to Mid-February. You will coach recreational hockey to boys and girls ages 5-12. The program consists of two pre-season practices and eight games, which are held on Friday evenings and Sunday afternoons. Coaches should have an understanding of hockey, with an ability to work with kids of various abilities.

Lilac Project

Help to beautify highway 55 on Saturday, September 28 from 9:00 AM-1:00 PM. This year the Lilac Project will restore lilac beds disturbed by recent sanitary sewer construction and will maintain previously planted beds between Glenwood Avenue and Douglas Drive on the north side of 55. Sign-up online at <http://www.goldenvalleymn.gov/events/lilacplanting/index.php>.

3rd Annual Valley Volunteer Day

SATURDAY, SEPTEMBER 28 9 AM-4 PM

VARIOUS GOLDEN VALLEY LOCATIONS

The Envision Connection Project Bridge Builders sponsor Valley Volunteer Day each year to help beautify Golden Valley, promote healthy living, and share community pride. Details at www.goldenvalleymn.gov/events/valleyvolunteerday/index.php.

Litter Clean-up

There are various locations around the city that accumulate litter. These areas need to be picked-up periodically during the year.

Adopt a Lilac Bed

Sign up to adopt one of the many lilac beds planted along Highway 55. Work on it during the spring and fall.

Storm Sewer Stenciling

A great group project - Stencil a message on neighborhood storm sewers and distribute education material to the neighborhood.

WE ALSO NEED COORDINATOR(S) to work on-site with groups on storm sewer stenciling, providing education on water quality and instruction on stenciling technique and guidance to the group. Volunteer should have an interest in environmental issues, interest in improving the quality of surface water in Golden Valley and able to communicate with adults and children. Commitment varies with the season – approximately three to six projects a year.

Group Opportunities

Opportunities for area businesses, churches, and scout troops, etc. to participate as a group are available. Typically groups will do a one-day-only clean up, lilac planting maintenance or storm sewer stenciling. On-going adopt a street or lilac bed maintenance is also available. Contact Sandy for more information.





About the Instructor...

Annette Fragale

Annette has received her yoga and pilates training in several different styles which she combines into her classes. Annette brings humor and sensitivity to her teachings and proves that age is only a number.

Saturday Morning Community Bike Ride

Ages 10+ with an Adult



Begin your Saturday morning with a bike ride on the Luce Line Trail with your neighbors and friends. The trip will begin and end at Lions Park in Golden Valley and the group will stop along the way for coffee, juice and treats. Youth who have experience biking longer distances and at moderate intensity are welcome to sign up along with their parent or guardian.

Participants must provide: Properly working bike, helmet, lock, water, sunscreen, appropriate clothing & shoes.

Site: Begin & End at Lions Park

Date: Sat, Sept 28

Time: 8:30-10:00 AM

Fee: Individual - \$7, Res \$2

Family of 4 - \$10, Res \$5, each add'l \$1

Code: 12342



Pilates - Inspired Workout with Annette

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance and posture and to maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Many elements of yoga are included. Please bring an exercise mat.

Site: Brookview Community Center

Fee: \$61, Resident \$56

Date: Mon, Sept 30-Nov 18

Code: 12249

Time: 6:00-7:00 PM

Daytime Yoga with Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Site: Brookview Community Center

Fee: \$61, Resident \$56

Date: Tue, Oct 1-Nov 19 (No class Nov 5)

Code: 12248

Time: 11:00 AM-12:00 PM

Nordic Walking for Fun & Fitness

Enjoy the outdoors and walking by adding Nordic Walking to your routine. Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10-15% more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effect. The result is a fun and easy full-body workout. Wear comfortable clothing and good walking shoes. Program will be held at Davis Community Center in-case of inclement weather.

Site: Meet at Brookview Park Large Shelter

Fee: \$20 (includes pole rental)

Date: Mon, Sept 16 & 23

Code: 12340

Time: 6:00-7:00 PM

Ballroom Dancing for Beginners

If you have little or no dance experience, then this is the perfect course for you! Learn several basic steps in the Hustle, Swing, Foxtrot, Waltz, Cha Cha, Salsa, and Polka! Learn how to dance to your favorite songs. Learn real steps to use on the dance floor. Do something new together as a couple. Classes are fun and easy! For more information, visit www.ConstantineDance.com.

The Constantine family has been offering quality dance instruction in the Twin Cities for over 50 years! Deanna Constantine provides simple instruction where everyone who attends will be successful learning to dance!

Site: Brookview Community Center

Fee: \$50/person

Date: Sun, Oct 27-Nov 17

Code: 12341

Time: 4:30-6:00 PM





Beginner Afro-Brazilian Percussion

For Adults and Youth Ages 8+

NEW

With a positive attitude and dedication, students should expect to be educated in many instruments of samba music such as the tamborim, cuica, and surdo. Pronunciation of the Portuguese language will be taught and students will be encouraged to learn melodies and lyrics and to sing... loudly! Instruments will be provided and students may choose to purchase or bring their own instruments as well. This will enable students to practice the songs outside of the classroom. Instructor Troy Wilson has been a dedicated practitioner of Samba and Bossa Nova music for over 10 years. He is the founder of his current Bossa band, Bossa Maior, in which he plays various instruments and sings lead vocals.

Site: Brookview Community Center

Fee: \$45, Resident \$40

Day	Date	Time	Code
Thu	Sept 12-Oct 17	7:30-8:30 PM	12381
Thu	Nov 7-Dec 19	7:30-8:30 PM	12382
(No class Nov 28)			

Tae Kwon Do

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape. *Resident fee applies to Golden Valley and St. Louis Park.

Site: Davis Community Center

Fee: \$69, *Resident \$64

BEGINNER & INTERMEDIATE

Day	Date	Time	Code
Tue	Sept 10-Oct 15	6:15-7:00 PM	12264
Tue	Oct 22-Dec 3	6:15-7:00 PM	12266
(No class Nov 5)			

ADVANCED

Day	Date	Time	Code
Tue	Sept 10-Oct 15	7:00-7:45 PM	12265
Tue	Oct 22-Dec 3	7:00-7:45 PM	12267
(No class Nov 5)			

Yoga Flow with Laura

Get ready to connect with the feeling and power of your body through flow yoga... This 70 minute non-competitive class combines yoga postures, core work, breathing awareness and a blissful guided relaxation. Appropriate for beginners to yoga, as well as those who already practice. Benefits include: increased strength, flexibility, body awareness and mental clarity. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

Site: Brookview Community Center **Time:** 5:30-6:40 PM

Day	Date	Fee	Code
Tue	Sept 3-Oct 22 (8 classes)	\$85, Resident \$80	11753
Thu	Sept 5-Oct 24 (7 classes)	\$75, Resident \$70	11755
(No class Sept 12)			
Tue	Oct 29-Dec 17 (7 classes)	\$75, Resident \$70	11754
(No class Nov 5)			
Thu	Oct 31-Dec 19 (7 classes)	\$75, Resident \$70	11756
(No class Nov 28)			

About the Instructor... Laura Lazowski

Laura is a certified yoga instructor and facilitates hatha yoga in a flow style. She has been practicing yoga for over 25 years.

Power Yoga Flow with Laura

Similar to the Yoga Flow class (see description), with focus on creating and nurturing body alignment, flexibility, strength and calming the mind. This class includes a few more intermediate poses, however, beginners are welcomed to do modified poses for their level of comfort. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work, and a guided relaxation. Bring a sticky mat, 1-5 lb. hand weights (optional) and a small blanket and pillow for relaxation (optional). Instructed by Laura Lazowski.

Site: Brookview Community Center **Time:** 6:45-8:15 PM

Day	Date	Fee	Code
Tue	Sept 3-Oct 22 (8 classes)	\$101, Resident \$96	11751
Tue	Oct 29-Dec 17 (7 classes)	\$89, Resident \$84	11752
(No class Nov 5)			





Belly Dancing Classes

Belly dance is a beautiful dance art form that offers benefits of low impact exercise proven to relieve stress to your lower back, strengthen abdominals, and improve posture and balance. Whether you are taking it with you friends or by yourself classes offer relaxed and supportive environment. Wear comfortable loose clothing and join the class for fun and health benefits. All classes instructed by Tatyana Butkova.



About the Instructor... Tatyana Butkova

Tatyana is a professional Belly Dance performer and instructor, member of Jawaahir Dance Company - the only professional Middle Eastern dance company in the Midwest, and a solo performer. She brings her passion for the Middle Eastern dance and music into her performances and shares it with her students educating them about the Middle Eastern dance, music and culture.

Beginner Level Classes

Beginner classes are structured to benefit participants with no previous dance experience and focuses on core muscle toning, body coordination, and overall body muscles strengthening while learning dance steps and movements that are broken down to simple steps and techniques. We learn to play finger cymbals too!

Site: Brookview Community Center
Fee: \$85, Resident \$80

Day	Date	Time	Code
Thu	Aug 29-Oct 17	7:00-8:30 PM	12343
(No class Sept 12 - Make-up Day Fri, Sept 13)			
Thu	Oct 24-Dec 19	7:00-8:30 PM	12344
(No class Nov 28)			
Thu	Jan 9-Feb 27	7:00-8:30 PM	12345

Intermediate Level Classes

Intermediate class teaches to mix and layer body movements with dance steps, introduces advanced dance movements, and continues to work on core muscles strengthening, coordination and overall body improvement, and dance refinement.

Site: Brookview Community Center
Fee: \$85, Resident \$80

Day	Date	Time	Code
Mon	Sept 9-Oct 28	7:15-8:45 PM	12346
Mon	Nov 4-Dec 23	7:15-8:45 PM	12347
Mon	Jan 6-Feb 24	7:15-8:45 PM	12348

Watercolor Basics

A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. An understanding of drawing skills will enhance your painting results. A supply list will be provided. Students are responsible to bring their own supplies. Limit: 10. Instructor Carolyn Papke is an artist and retired teacher.

Site: Brookview Community Center
Fee: \$55, Resident \$50

Day	Date	Time	Code
Wed	Oct 30-Dec 4	6:30-8:30 PM	12329

Joy of Painting the Bob Ross Method®

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours, you will bring home a scene ready to frame. Finished painting is on display in the senior room. Fee includes all supplies. Taught by certified instructor, Kittie Swanson. Min 5, Max 15.

Site: Brookview Community Center
Fee: \$65, Resident \$60

FALL SCENE CLASS

Day	Date	Time	Code
Sat	Oct 26	9:30 AM-1:00 PM	12326

Register or cancel by October 11.

WINTER SCENE CLASS

Day	Date	Time	Code
Sat	Nov 23	9:30 AM-1:00 PM	12327

Register or cancel by November 8.





Introduction to Drawing

Through guided exercises this course will help beginners to see and draw accurately, and those with experience to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. Instructor Carolyn Papke is an artist and retired teacher. Limit: 10.

Participants should bring: Inexpensive 9x12 spiral bound sketch book, two pencils (soft 2 or 3B and hard HB or 2H), and one Pigma Micron black pen #03 or #05.

Site: Brookview Comm Center **Fee:** \$55, Resident \$50

Day	Date	Time	Code
Wed	Sept 18-Oct 23	6:30-8:30 PM	12328

Delightfully Decorated Cookies

Decorated Sugar Cookies are a staple on holiday cookie trays, but they're also incredibly popular for baby showers, bridal showers, birthday parties, even weddings. In this class, you will learn how to make the hard-drying icing that allows you to decorate cookies like a pro. The instructor walks students through recipes, tricks and techniques to make the most adorable and delicious cookies around. Participants need to bring a dozen round, flat baked cookies and a container to bring your completed treats home in. This course offering is run in cooperation with Crystal Recreation. **Resident fee applies to Crystal, Golden Valley, New Hope & Robbinsdale residents. Register by November 11.*

Site: Crystal Comm Center **Fee:** \$28, *Resident \$21

Day	Date	Time	Code
Sun	Nov 17	1:00-3:30 PM	12376

Holiday Keepsake Plate

Your personalize holiday keepsake plate will be as unique as your family. It will be a great family heirloom or a special gift. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by December 18. Participants may not need the full 2 hours to complete their project. This course offering is run in cooperation with Crystal Recreation. **Resident fee applies to Crystal, Golden Valley, New Hope & Robbinsdale residents. Register by December 2.*

Site: Crystal Comm Center **Fee:** \$28, *Resident \$21

Day	Date	Time	Code
Mon	Dec 9	6:00-8:00 PM	12377

Davis Community Center

Adult Open Gyms



All levels are welcome to participate in these open gyms. Participants must check in at the front desk before entering the gym and pay the drop in fee or use their punch pass. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at any of the times below. Basketballs and Volleyballs provided.

FEE: \$28/10-time punch pass
or \$4/daily drop-in

Monday Basketball 35+ 8:00-10:00 PM
Begins Sept 9

Tuesday Volleyball 18+ 8:00-10:00 PM
Begins Sept 10

Wednesday Pickleball 8:00-10:00 PM
Begins Sept 11

Thursday Volleyball 18+ 8:00-10:00 PM
Begins Sept 12

Saturday Basketball 18+ 8:00-10:00 AM
Begins Sept 14

Sunday Volleyball 18+ 1:00-3:00 PM
Begins Sept 15



YOUR FRIENDLY, FULL-SERVICE,
NEIGHBORHOOD GOLF COURSE

Phone Numbers

Regulation Course	763-512-2330
Par 3 Course	763-512-2333
Driving Range	763-512-2323

Brookview Golf Course offers an 18-Hole Regulation Course, a 9-Hole Par 3 Course, a driving range and teaching area, and a golf shop and grill. Brookview's Regulation Course is a challenging, mature course with tree lined fairways and an abundance of water hazards.

PURCHASE A
GIFT CARD
FOR THE
HOLIDAYS

Brookview Gift Cards are good
for the 18 Hole Course, Par 3,
Driving Range, and Grill.



Brookview Grill IS AVAILABLE FOR RENT

The Grill's warm and comfortable atmosphere make it a perfect setting for business retreats, training seminars, meetings or private gatherings, such as receptions, showers, holiday, birthday or retirement parties. The view from the Grill's wall of windows is spectacular in any season, overlooking the fairways and greens of one of the Twin Cities most beautiful golf courses.

For more information about the Brookview Grill including pricing and availability, contact the Brookview Golf Course office at 763-512-2305.

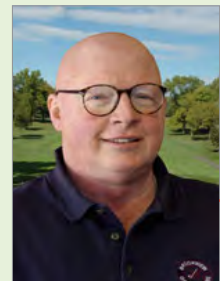


Meet our Golf Pro's...

Michael Turnbull

Michael has been teaching golf since 1977 and this is his eighth year at Brookview. A three-time winner of the Minnesota PGA Junior Golf Leader award, he also served as the PGA Head Professional at Balboa Park GC in San Diego and at Baker National GC in Medina, Minnesota. Michael emphasizes learning by doing, rather than thinking about doing. You will learn from each and every shot you hit. You won't have to memorize a series of movements, remember a lot of instructions, or try really hard to do anything "right". Students will be able to feel the difference between swings that work and swings that don't. Isn't it time that golf felt natural?

To book Private Lessons with Michael, call the Brookview Pro Shop at 763-512-2330 (press 0), or book online at www.Teemaster.com. If you need additional information, contact Michael at 612-669-4728 or michael@mindfulgolf.com.



Dee Forsberg McCullagh

As the recipient of the 2009 Minnesota Section PGA Teacher of the year, Dee is looking forward to her second year at Brookview Golf Course. With 20 years of experience teaching golfers of all abilities she is confident she can help you hit it straighter and farther on the golf course. Dee uses high speed video in her lessons to both assess your golf swing and provide

you with the proper visual images that are necessary for improvement. A former Gopher, Dee played both collegiate and professional golf before joining the PGA of America. Highlights of her competitive days include 2 State Championship titles, 2 collegiate medalist honors, and a professional career that included play on the European Women's Tour.

Book Private Lessons with Dee by contacting her directly at: deeforsberg@msn.com or 612-247-3479 or book online at www.dfgolfinstruction.com



GOLDEN VALLEY SENIORS PROGRAM

*The Golden Valley Senior Center is located in the
Evergreen Room at the Brookview Community Center.
Join scheduled activities and register for
events, trips and other activities.*

Golden Valley Senior Program Office
200 Brookview Parkway, Golden Valley, Minnesota 55426
Phone: 763-512-2339
Fax: 763-512-2344
TTY: 763-593-3968
www.goldenvalleymn.gov/recreation/seniors



Weekly Card & Game Groups

New players are always welcome to these card and game groups. Please arrive at least 10 minutes before scheduled start time to get set-up. Hope to see you there!

All groups meet at Brookview Community Center.

Group	Day	Time
Dominoes	Mondays	1:00 PM
Cribbage	Tuesdays	1:00 PM
500	Tuesdays	6:30 PM
	Wednesdays	1:00 PM
Euchre	Thursdays	1:00 PM
Bridge	Thursdays	6:30 PM
	Fridays	9:00 AM



Blood Pressure Screening

*4th Wednesday of the month
Brookview Community Center
11:00-11:30 AM*

No appointment needed. Provided by staff from the Ambassador Good Samaritan Care Center.
No screening in November and December.



Stay Informed with your

2014 Annual Membership Donation

Subscribe to the Senior Newsletter, the center's bi-monthly newsletter, by paying an annual membership donation. Your donation will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset some of the costs for the senior program. Support your senior program by donating to the Golden Valley Seniors today! You can also subscribe to Senior Newsletter Program updates online at the website listed above.

Donation: \$8, Resident \$5
Code: 12399

*Your donation is good Jan-Dec 2014!
Thanks For Your Support!*



Senior Programs

Getting Through the Medicare & Medgap Maze

2nd Thursday of the month
Brookview Community Center



Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00, 10:00 or 11:00 AM. Call the senior office today to make your appointment.

Happy Feet Foot Care Clinic

2nd & 3rd Tuesday of the month
Brookview Community Center

Happy Feet are now available to you! The foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Fee of \$34 is payable to Happy Feet Footcare, Inc. and due at time of service.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. If you need to cancel, you must call Happy Feet at least 24 hours in advance or you may be charged a fee.



Golden Valley Library Programs for Seniors 55+

The following program will be held at the Golden Valley Library, located at 830 Winnetka Ave N. Call 612-543-6375 for more information or to register if necessary, as listed in the description.



Senior Surf Day

Thursday, September 26 • 9:00-11:00 AM

Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line. Presented by the Metropolitan Area Agency on Aging. *Registration begins August 29.*

Library Laboratory: Gifts from the Kitchen

Saturday, September 28 • 1:00-2:30 PM

Create cookie, soup and dip mixes and turn them into fun gifts with an attractive container. Supplies will be provided. Presented by Mary Jo Rasmussen of Urban Relish in Minneapolis. *Registration begins August 31. Register by calling or online at <http://www.hclib.org/pub/events>.*

Learn to Use Computers

Volunteers provide one-on-one help with basic computer skills. Please call the library to inquire about times that a volunteer is available.

Poetry Lovers Converge

All ages are invited to come to this informal gathering of poetry lovers. Come and read an original poem or one of your favorites, or just listen. The first Monday of every month from 6:30-8:00 PM (ongoing). No registration necessary.

JOIN THE Senior Leadership Committee

Northwest Hennepin Human Services Council is currently accepting applications for membership on the Senior Leadership Committee. The Senior Leadership Committee meets to identify and educate themselves and the community about issues that are affecting Seniors. They work to build and strengthen relationships with seniors and to connect seniors to available resources. The Committee member is a partner with NWHHSC staff supporting the mission of NWHHSC.

The Senior Leadership Committee's mission is to:

- Identify human services needs of seniors through citizens' input and Senior Leadership Committee representation
- Provide citizen input, upon request, to NWHHSC on ways to address and meet those identified needs
- Organize an area-wide Senior Forum each year that focuses on timely topics of interest to seniors.

Become a member today!

If you are a senior in Northwest Hennepin County and would like to serve on the committee, please call Anita Perkins at 763-503-2520.





Senior Special Events

Tai Chi Demonstration

Thursday, September 5 • 9:00 AM

Brookview Community Center

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance and flexibility. This program, endorsed by the Arthritis Foundation worldwide, through the teachings of Dr. Paul Lam, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Join Certified Instructor Marie Mathay for a demo class. Wear comfy clothes. Fee of \$2 payable at the door. No pre-registration required.

Golden Tones Chorus Kick-off & 1st Practice

Thursday, September 19 • 9:45-11:30 AM

**Calvary Lutheran Church - Fireside Room
(7520 Golden Valley Road)**



WE'RE BACK! Come and see what we are all about. Practices are Thursdays from 10:30-11:30 AM in the music room at Calvary. We perform monthly at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life!

Holiday Tea

Monday, December 16 • 1:00-2:30 PM

Brookview Community Center

\$8/person - Code: 12378

Join us for a delightful afternoon with entertainment followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. 5 Cities Transportation available for this event. **Register with the senior office by December 11.**



Medicare Advantage & Medicare Part D Presentation

Wednesday, October 23

9:45 AM

Brookview Comm Center



The annual enrollment period for Medicare Advantage and Drug Plans begins on October 15, 2013 and ends on December 7, 2013 with selections effective on January 1, 2014. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Fee of \$2 is payable at the door. **Register with the senior office by October 21.**

Volunteers Needed!

Become a Medicare Health Insurance Counseling Volunteer

Senior Community Services is looking for a few great men and women to join our Medicare Health Insurance Counseling program by becoming a volunteer.

Help Medicare beneficiaries and their families with medicare questions, help in supplement and Part D Plan selection, long term care questions, low income options, Social Security questions, medical bill organization, appeals work, resource and referral help. Provide assistance through presentations, face-to-face meetings, phone help, research, appeals work, medicare.gov lookups and creating handouts, etc.

The 21-hour training includes a training manual, meeting some of the seasoned volunteers and lunch each day. No insurance experience necessary, but the ability to be detail oriented and a year commitment are.

**Call Kimberlee Bluhm at
Senior Community Services at
952-541-1019 x-307 for more information.**

Senior Special Interest Groups

Pedal Pushers Bicycle Group

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 AM and then bike 10-15 miles, stopping along the way for short breaks to enjoy the scenery and each other. Helmets are required, water bottles and snacks strongly recommended. Call the senior office to receive specific meeting locations.

September 10 Golden Valley area

September 24 Final Ride & Lunch

Remember When?... *WITH JAN*

4th Thursday of each month

1:00 PM • Dover Hill Apartments

We all have special memories and we usually start by saying "remember when?....." Let's go back and enjoy that time in our life with our friends.

Thursday, August 22 Remembering the State Fair

Thursday, Sept 26 Remembering When We Canned Food

Thursday, October 24 Remembering Favorite Books

Thursday, November 21 Remembering Heros: Old & New

Thursday, December 26 Remembering Your Favorite Holiday Gift: Given or Received

Mondays with Mary

Every Monday • 9:30 AM

Brookview Community Center

Join Mary on Monday mornings to make door decorations, greeting cards, party favors and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee, you bring your time and talent. As we say, "The more the Mary-ier". **Not meeting on Sept 2, Nov 11.**

Pickleball for 55+

Mondays & Thursdays • 9:00 AM-12:00 PM

Crystal Community Center (4800 Douglas Dr N)

\$15 for 10-time punch pass or \$2/door

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. The cities of Crystal and Golden Valley are offering Pickleball at the Crystal Community Center. This is not a league and it's for all levels of play. Come when you can, just drop in with no advanced registration. Equipment is provided for you to try the game. Gym shoes are required. Call the senior office at 763-512-2339 with questions. **No pickleball on Sept 2, Nov 11 & 28.**



Living Well & Wise



1st Thursday of each month • 1:00-2:30 PM • Calvary Center Cooperative

It's a fact! People are living longer and healthier. Join us for a program that offers information monthly for a happy, healthier you. No pre-registration necessary.

THURSDAY, SEPTEMBER 5 Neuropathy

Peripheral neuropathy, a result of nerve damage, often causes numbness and pain in your hands and feet. People typically describe the pain as tingling or burning, while they may compare the loss of sensation to the feeling of wearing a thin stocking or glove. Peripheral neuropathy can result from problems such as traumatic injuries, infections, metabolic problems and exposure to toxins. Learn the causes, treatment options and get answers to your questions from Michelle Meyers of Realief Neuropathy Centers.

THURSDAY, OCTOBER 3 Understanding Psoriasis

Psoriasis is not just skin deep! During this interactive presentation, you will learn about signs and symptoms of psoriasis, various treatment options, as well as lifestyle strategies that enable psoriasis patients to lead healthier and happier lives. Presented by Dianne Burd, CSW and Health Educator, Abbott Immunology.



THURSDAY, NOVEMBER 7 Vital Signs

Why are vital signs taken during your clinic visit? Why does your Doctor measure vital signs and what do the numbers tell him/her? Presented by Dr. Stockman and Barbara Burger, Ambassador Health Care Center.

THURSDAY, DECEMBER 5

Senior Medical Patrol - Prevent Medicare Fraud and Abuse

Don't be a target of Medicare fraud. Become familiar with examples of Medicare fraud and waste. Learn how to review billing statements and report system abuse. Learn about the www.MyMedicare.gov website and how the Senior LinkAge Line® can assist seniors and their families.



Money Matters

3rd Thursday of the month

10:00-11:00 AM

Brookview Community Center

Finances and investments are of more interest than ever with rising consumer costs. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. No pre-registration necessary. Donation for refreshments.



THURSDAY, OCTOBER 17

2013 Legal Update:

Wills, Trusts & Other Estate Planning Tools

Many people become disabled and die without preparing important estate planning documents. By not planning, you may give up control of the disposition of the assets you spent a lifetime acquiring. This session builds on the popular series offered in 2008-2009 to our group, with a focus on new laws and policies related to key elements of your estate plan. Presenter, Elizabeth Michaelis, JD, will highlight the reasons to have a written plan, how property is transferred when someone dies, and the importance of planning for disability. Those with additional questions are welcome to stay for a 30-minute Q&A session immediately following the presentation.

THURSDAY, NOVEMBER 21 Power of Attorney

Today we will discuss some of the important nuances you should know when setting up a Power of Attorney, to ensure your money and property are safe. Presented by Roy Henline, Roy B. Henline Law Office, Maple Grove.

THURSDAY, DECEMBER 19 Hot Topic Discussion

Bring a hot topic to discuss and help plan the 2014 program.

THURSDAY, SEPTEMBER 19

The Competition for Your Donated Items

You've gotten the call "we have a truck in your area, would you have items to donate?" Many non-profit agencies rely on your donated items to raise funds for their organization. What do they do with the items you've donated? When and why has it become a big business? Presented by Callie Butler, Courage Center.



COFFEE TALK

4th Wednesday of the month

9:45 AM • Brookview Comm Center

\$2 payable at the door

Join us for informative programs, juice, donuts, and of course, coffee! Call the Senior office to register so there are treats and coffee for everyone.

WEDNESDAY, SEPTEMBER 25

The Songs of our Lives

You met Maureen Pranghofer some months ago when she spoke about her Can-Do Canine dog Bentley. She's back in a presentation entitled The Songs of Our Lives. Through listening, discussion, name that tune, and perhaps enjoying some of your musical talents as we explore the songs in Maureen's life you will learn about the songs in your lives as well. Presented by Marie Pranghofer. **Register by September 23.**

WEDNESDAY, OCTOBER 23

Medicare Advantage & Medicare Part D

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on October 15, 2013 and ends on December 7, 2013 with selections effective on January 1, 2014. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. **Register by October 21.**

WEDNESDAY, AUGUST 28 Caring for your Senior Pet

Learn about the special needs of senior dogs and cats and specific disorders that are common in senior cats, such as chronic kidney disease, hyperthyroidism, and periodontal disease, as well as common diseases in geriatric dogs, such as periodontal disease, Cushing's disease, and arthritis. Common methods of early disease detection and the benefits of early diagnosis and treatment on the quality of life of our senior pet companions will be discussed. All pet lovers are encouraged to attend, even if the pet you care for is not yet a senior citizen. The speaker, Dr. Jaime Shriver, is a staff veterinarian at VCA All About Pets Animal Hospital in Golden Valley. **Register by August 26.**





Senior Classes

Monday Morning Painting

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class. Punch cards may be purchased at the Recreation office.

Site: Brookview Community Center

Day: Every Monday (No class Sept 2, Nov 11, Dec 23 & 30)

Time: 9:30-11:30 AM

Punch Pass Fee: \$45, Resident \$40



Joy of Painting the Bob Ross Method®

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours, you will bring home a scene ready to frame. Finished painting is on display in the senior room. Fee includes all supplies. Taught by certified instructor, Kittie Swanson. Min 5, Max 15.

Site: Brookview Community Center

Fee: \$65, Resident \$60

FALL SCENE CLASS

Day	Date	Time	Code
Sat	Oct 26	9:30 AM-1:00 PM	12326

Register or cancel by October 11.

WINTER SCENE CLASS

Day	Date	Time	Code
Sat	Nov 23	9:30 AM-1:00 PM	12327

Register or cancel by November 8.



Watercolor Basics

A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each

student will build on skills learned in the previous session. An understanding of drawing skills will enhance your painting results. A supply list will be provided. Students are responsible to bring their own supplies. Limit: 10. Instructor Carolyn Papke is an artist and retired teacher.

Site: Brookview Community Center

Fee: \$55, Resident \$50

Day	Date	Time	Code
Wed	Oct 30-Dec 4	6:30-8:30 PM	12329

DEFENSIVE DRIVING

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

REGISTER: In advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call 651-291-9150 to register with Visa or MasterCard.

8-Hour First Timers Course

Site: Brookview Community Center

Date: Tue, Oct 15 & 22

Time: 6:00-10:00 PM

Fee: \$18/person

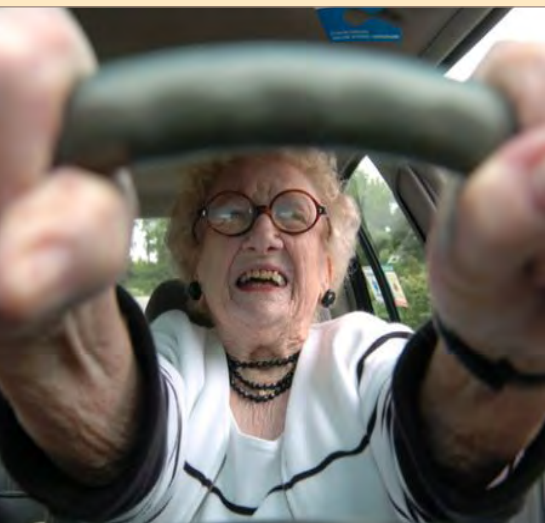
4-Hour Refresher Courses

Site: Brookview Community Center

Dates: Thu, Sep, 12, Oct 10, Nov 14 or Dec 12

Time: 9:00 AM-1:00 PM

Fee: \$17/person





Introduction to Drawing

Through guided exercises this course will help beginners to see and draw accurately, and those with experience to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. Instructor Carolyn Papke is an artist and retired teacher. Limit: 10.

Participants should bring: inexpensive 9x12 spiral bound sketch book, two pencils (soft 2 or 3B and hard HB or 2H), and one Pigma Micron black pen #03 or #05.

Site: Brookview Community Center

Fee: \$55, Resident \$50

Day	Date	Time	Code
Wed	Sept 18-Oct 23	6:30-8:30 PM	12328

Intermediate Bridge Class

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate bridge classes. Instructed by Dick Welander, Life Master Player and Certified Instructor from American Contract Bridge League.

Site: Brookview Community Center

Fee: \$36, Resident \$31

Day	Date	Time	Code
Fri	Sept 20-Nov 8	9:00-10:30 AM	12286

(No class Sept 21)

Enhance Fitness

Enhance Fitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Enhance Fitness classes develop endurance, coordination, and promote mental sharpness and social connections. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being.

Site: Brookview Community Center

Fee: \$35, Resident \$30,

FREE to UCare Members (ID required at time of registration)

Day	Date	Time	Code
Mon/Wed	Sept 9-Oct 23	11:40 AM-12:40 PM	12379
Mon/Wed	Oct 28-Dec 23	11:40 AM-12:40 PM	12380

(No class Nov 11)

TAI CHI for Health & Arthritis

TAI CHI - BASIC CLASS

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Site: Brookview Community Center

Fee: \$50, Resident \$45

Day	Date	Time	Code
Tue	Sept 10-Oct 22	8:30-9:40 AM	12235
Tue	Oct 29-Dec 17	8:30-9:40 AM	12236

(No class Nov 5)

TAI CHI - MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our journey, endorsed by the Arthritis Foundation. Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Site: Brookview Community Center

Fee: \$50, Resident \$45

Day	Date	Time	Code
Tue	Sept 10-Oct 22	9:45-10:45 AM	12241
Tue	Oct 29-Dec 17	9:45-10:45 AM	12242

(No class Nov 5)

TAI CHI - ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. **NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.**

Site: Brookview Community Center

Fee: \$40, Resident \$35

Day	Date	Time	Code
Thu	Sept 12-Oct 24	9:00-10:00 AM	12245
Thu	Oct 31-Dec 19	9:00-10:00 AM	12246

(No class Nov 28)





The Mary Wanderer's Trip Program

Comfortable motor coaches, good food, knowledgeable tour guides and Mary as our escort, our trips are planned with you in mind! The "Mary Wanderers" trip program includes one-four day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations taken with Visa or MasterCard. **NOTE: A \$5 administrative fee will be applied to all cancellations/refunds. No refunds issued after the deadline date.**

About your Trip Escort... Mary Odell

Mary has been with the Golden Valley Senior Program for over 24 years. She started as the Hiking Club Leader. Mary has been escorting senior trips for over 20 years and also coordinates the Mondays with Mary group. Ask her about her grandkids!

PICK-UP LOCATIONS:

Calvary Co-op & Apts • Golden Valley City Hall

You must specify a pick-up location when registering for one-day trips.

Harvest Samples *Tuesday, September 10*

Start the day at the Yellowstone Cheese Factory and Store. They offer over 40 varieties of cheese made with milk from the farm next door. Hear about the process and taste samples. Off to Cabin Ridge Rides in Cadott, WI to board a horse drawn wagon. Enjoy the beautiful fall colors and listen to the calming sounds of nature. Upon reaching the cabin you will be treated to a delicious meal in the gas lit lodge of Cabin Ridge. Menu: Baked Chicken Breast, Assorted Breads, Lettuce, Baked Beans, Beverage & Dessert. Listen as Judy Giles relates over 200 years of family history along the Creek. Arrive at John McIlquham Orchard and Autumn Harvest Winery. The owner will meet us and talk about the history of the orchard and winery before sampling a variety of products including wines and apples. Our last stop is the Leinie Lodge Hospitality Center to sample handcrafted beer and shop (no tour) before heading home.



Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	Sept 10	7:55 AM	5:30 PM	\$56	11579

Register or cancel by: August 20

Whistle Down the Valley *Thursday, October 10*

Board the train in Osceola, restored and operated by the MN Transportation Museum, for a 2-hour ride. Ride through the bluffs and enjoy the beautiful scenery from Osceola to Marine on the St. Croix. Enjoy Meatloaf, mashed potatoes, vegetable, bread, beverage and dessert in the dining car before returning to Osceola.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	Oct 10	10:25 AM	3:30 PM	\$65	11582

Register or cancel by: September 9

City of Lakes *Wednesday, November 6*

Start with a tour of Lakewood Cemetery and its centerpiece, the Memorial Chapel. The presentation highlights Lakewood's history, memorials, gardens, and monuments. Off to lunch at Granite City for a cup of soup, half-sandwich, French fries and beverage. Our on-bus professional guide will tour the Chain of Lakes, a drive through the Kenwood area to see the Sculpture Garden and Walker Art Center. In downtown, view the buildings that create the skyline, see the historic riverfront area and stop at the I-35 W Memorial.

Bus Pick-up: 8:55 AM
Approx. Return: 3:30 PM
Fee: \$59
Code: 11580
 Register or cancel by: October 21





Fiddler on the Roof at Chanhassen Dinner Theater

Wednesday, November 20

Enjoy lunch, your choice from the Chanhassen matinee menu, before the show. Fiddler on the Roof is a musical story centered on Tevye, the father of five daughters, and his attempts to maintain his family and Jewish religious traditions while outside influences encroach upon their lives. He must cope both with the strong-willed actions of his three older

daughters—each one's choice of husband moves further away from the customs of his faith—and with the edict of the Tsar that evicts the Jews from their village. This Tony Award-winning musical is a timeless classic with a rousing and heartwarming score which includes Tradition; Matchmaker, Matchmaker; If I Were a Rich Man and Sunrise, Sunset.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Wed	Nov 20	10:45 AM	4:30 PM	\$71	11566

Register or cancel by: October 18

Holiday Lights Tour

Wednesday, December 4

Our magical evening begins with an early dinner at Fabulous Ferns, a trendy neighborhood Restaurant in St. Paul. Enjoy Fern's Pot Roast served with carrots, peas, pearl onions and Baby red potatoes in beef gravy, bread, beverage and dessert. After dinner, we'll pick up our guide who will give us a tour of St. Paul, magically lit with Christmas lights. From individual homes and neighborhoods, whose owners have gone out of their way to spread holiday cheer, to viewing St. Paul's official Christmas tree in Rice Park, aglow with twinkling lights, it will be a magical way to start the holiday season.

Bus Pick-up: 3:15 PM

Approx. Return: 8:30 PM

Fee: \$56

Code: 11563

Register or cancel by: Nov 18



Old World Christmas Market at the Osthoff Resort

December 10-12, 2013

DAY 1: **Breakfast** at the Norske Nook. In Fond du Lac visit the **Kristmas Kringle Shoppe** with 10,000 sq. ft. of exciting glass ornaments, collectibles and gifts for every occasion. Check into the four-diamond **Osthoff Resort** on Elkhart Lake, WI. Relax or explore the property (indoor pool, two whirlpools, fitness center, the Aspira Spa and Gift Shoppe) before a **German "Abendessen" dinner**. This evening a German **Storyteller** will present folklore of the German culture. [B,D]

DAY 2: Have **breakfast** and experience a **"Sheep to Shawl" demonstration**. On to the **Old World Christmas Market**, reminiscent of the centuries-old Christkindlesmarkt of Nuremberg, German. Browse for unique and specialty items among international and regional artisans -Czech blown-glass ornaments, Russian nesting dolls and Santa's, German hand-carved smokers and nutcrackers, stained glass art, alpaca products, Estonia woolens, Plauen lace, fine woodwork, and more! Have lunch (on own) at the Old World Food Court. Enjoy delectable German fare, such as, bratwurst, hot glühwein, sauerbraten, dumplings, Wiener schnitzel, potato pancakes, pulled pork and apple strudel. Father Christmas roams the market merrily greeting children of all ages. This afternoon take a trip to the **Kohler Design Center**. Explore 3 levels of innovative, inspirational kitchen and bath fixtures crafted from lustrous materials and exquisite artistry. Don't miss Kohler's colorful history lesson in the lower level of the Design Center with a look at the beginnings of the company and the Village of Kohler, one of the first planned communities in the United States. Tonight have a group **dinner at the Osthoff Resort**. Continue the winter fun on a horse-drawn hay **wagon ride** through the winding and snow-covered roads of charming Elkhart Lake while singing Christmas carols. [B,D]

DAY 3: Enjoy **breakfast** and leave for the exclusive **Wreath Factory and Gifts** in Plymouth, WI. See a wreath making **demonstration**, then take time to shop. The factory has been in the business of making the holidays a little bit merrier since 1983. Stop at the **Silver Coach Restaurant** in Stevens Point for lunch. Estimated return time is 6:00 PM. [B,L]

Fee	Deposit	Final Pay	Code
\$510/person (Double)	\$50 by October 4	November 1	12226
\$605/person (Single)			

After October 4, 2013 payments are NOT refundable.

Call the senior office for a detailed brochure. Travel Insurance is available.

FEE INCLUDES: Deluxe coach transportation, 2 nights lodging, attractions as outlined, Tour Director, Mary Odell, meals as indicated (C-Coffee and rolls, B-Breakfast, L-Lunch, D-Dinner) and gratuities on included meals and attractions.





Senior Community Information

Five Cities Transportation **763-531-1259**

Five Cities Transportation is a transportation service serving people ages 60+ in the cities of Brooklyn Center, Crystal, Golden Valley, New Hope and Robbinsdale. Riders may be transported to groceries stores, Target, Wal-Mart, shopping malls, city sponsored senior activities and senior dining sites. The vehicles are lift equipped for persons in wheelchairs or those who have difficulty negotiating steps. Home and apartment pickups are available.

Call the Five Cities office Monday-Friday from 8:30 AM-3:00 PM and add your name to the mailing list for the bi-monthly schedule. When you receive your schedule, find your day and trip, call Five Cities at least 24 hours in advance to make your reservation for pick-up. On trip day, be ready for the bus at your scheduled time. If you need assistance boarding or exiting the bus or need to use the lift, please ask the driver.

REGULAR TRIPS Five Cities Transportation provides rides from your home or apartment to grocery stores, Target, Wal-Mart, Trader Joe's, Brunch Bunch, and senior events. **Suggested Fare:** \$5 cash or one punch from your pass card.

SPECIAL DESTINATION TRIPS In cooperation with the cities of Golden Valley, Brooklyn Center, Crystal, New Hope, and Robbinsdale, Five cities also works together to give you educational, entertaining, low-cost opportunities in the metro area to museums, concerts, special events, etc. *NOTE: In addition to the Five Cities fee, all event costs are on your own.* **Suggested Fare:** \$8 cash or two punches from your pass card.

BUS FARES & PASS CARDS The suggested fare for Regular Trips is \$5 cash or one punch from the pass card, and for Special Destination Trips is \$8 cash or two punches from the pass card. Passes may be purchased from the driver for \$16/4-ride card or \$32/8-ride card with cash or a check made payable to "PRISM."

Dinner at Your Door **763-531-1183**

Friendly volunteer drivers deliver delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9:00-11:30 AM for more information and menu.

Senior Dining **612-269-8462**

Provides a delicious noon meal at Calvary Church, 7520 Golden Valley Road, in the atrium (north entrance). A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call from 8:30-11:30 AM for reservations and questions. Menus are available in the kitchen.

H.O.M.E. Chore Service **952-746-4046**

Household chore and maintenance services are provided for residents age 60+. The program matches skilled workers with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs. Service costs are based on monthly income using a sliding contribution scale. Call for more information or to put in a request for assistance.

Fare for All **763-450-3880**

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-\$17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

Store To Door **651-642-1892**

Store To Door is a non-profit grocery shopping and delivery service for homebound seniors. Volunteer shoppers work in partnership with several metro area Cub Foods store to shop and prepare orders for weekday morning deliveries. Call or visit www.storetodoor.org for more information.

VOLUNTEERS NEEDED! *Store To Door is seeking Volunteer Order Takers and Volunteer Shoppers. Order Takers call clients from their homes each week and enter orders into an online ordering system. Shoppers work in partnership with Cub Foods stores to prepare orders for weekday morning deliveries. Call today to be a volunteer!*

PRISM Express **763-529-1252**

A curb-to-curb transportation service provided to residents of Golden Valley, age 60+, for medical appointments, personal shopping, banking, nursing home visits, etc. within their service area (Golden Valley, Robbinsdale, Crystal, New Hope, Brooklyn Center and eastern Plymouth (east of Hwy. 494), St. Louis Park.) PRISM Express has moved to a cost share policy with a sliding fee schedule. Fares range from \$3.50 each way to \$10.98 each way, based on your monthly income. Note: If you can't afford the ride due to the new payment schedule, no one will be denied service due to inability to pay. Contribute what you can afford. Call PRISM for information or to schedule a ride at least three working days in advance. Leave a message and the staff will return your call.

Widowed Support Group

Meets every Saturday at the New Hope Country Kitchen, 42nd & Winnetka, at 2:00 PM and the first Thursday of the month at Evans Nordby Funeral Home on 60th and Brooklyn Boulevard at 1:30 PM. Other activities are planned throughout the month. Meet other men and women who understand your loss. New people are always welcome!

Senior Community Services Outreach Program **952-746-4028**

Senior Outreach helps seniors and their families connect with community resources to enable seniors to live as independently as possible. The outreach coordinator provides information and guides seniors as they make decisions on in-home services, housing options, financial assistance and caregiving. Practical and emotional concerns are addressed as well. Call for information or to make an in-home appointment.



HOST YOUR NEXT SPECIAL GATHERING AT

BROOKVIEW

Community Center

Nestled in the tranquil setting of Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people for:

- *Birthday Parties*
- *Weddings and Receptions*
- *Graduations*
- *Retirement Parties*
- *Religious Celebrations*
- *and many other celebrations!*

Facilities include a large banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen, and a patio, deck and gazebo that provide expansive golf course views.

Contact us today to make Brookview the venue for your next special gathering!

CONTACT BROOKVIEW TODAY
OR VISIT OUR WEBSITE FOR A
COMPLETE RENTAL PACKET.

763-512-2345

www.goldenvalleymn.gov

FREQUENTLY ASKED QUESTIONS...

• What time does Brookview Community Center close?

Sunday thru Thursday, the facility closes no later than 10:30 PM Friday and Saturday the facility closes no later than 12:30 AM.

• Can I bring in my own homemade food?

No. You must hire a licensed caterer or food establishment to provide your food. We do require that you submit a copy of your caterer's license 90-days prior to your event.

• Can I bring in my own alcoholic beverages?

No. All alcohol must be provided by our exclusive beverage provider, Complete Beverage. You may contact them for pricing at 1-800-550-7750. However, you may provide your own non-alcoholic beverages.

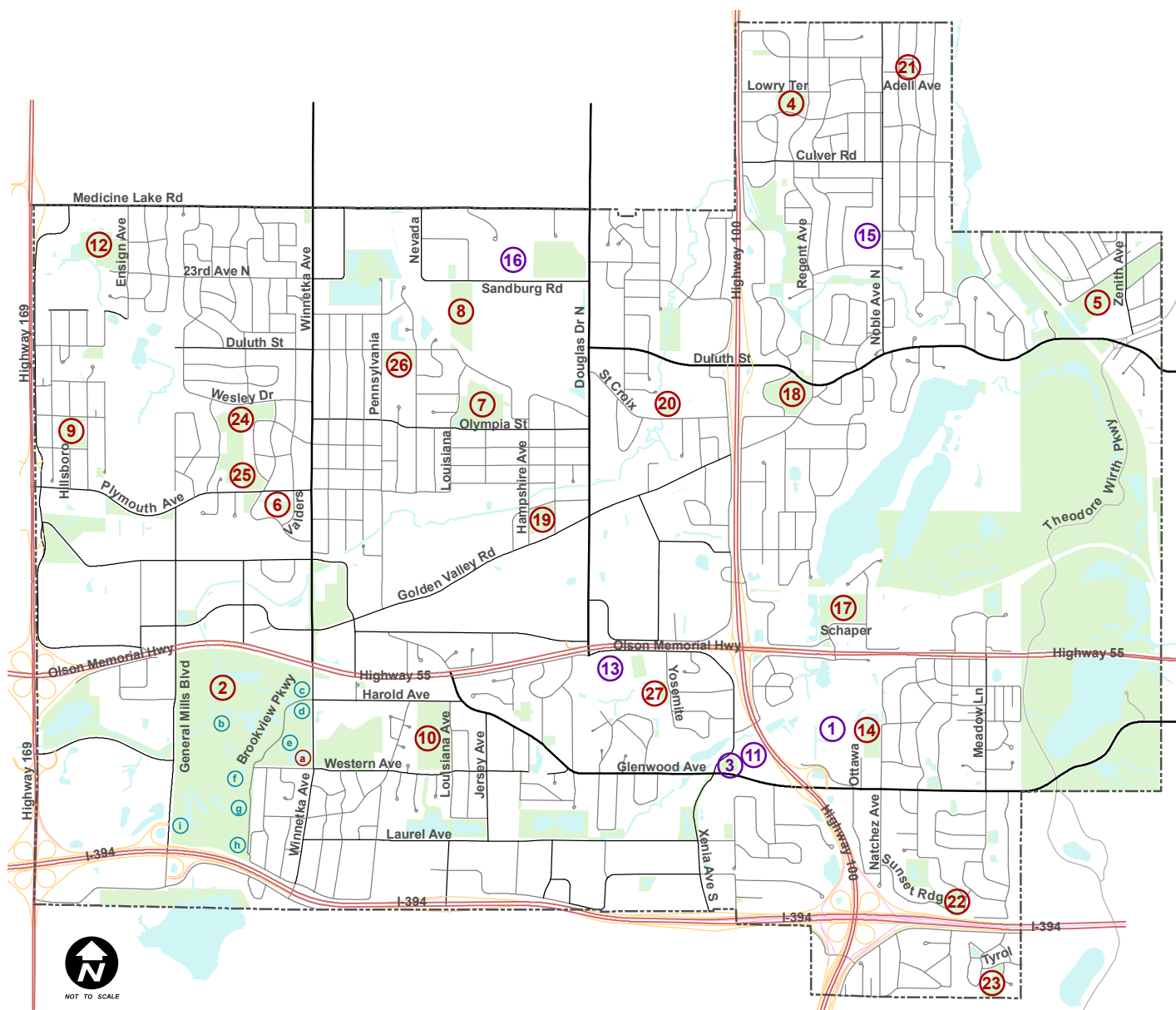
• Do I need security if I serve alcohol at my event?

Yes. If you are scheduled to be in our facility past 10:30 PM and you have been serving alcohol at any time during your event, you are required to have security. Security arrives at 10:30 PM and stays until the end of your contracted time. There is a \$120 fee and Brookview staff makes the arrangements.



- 1) Breck School.....123 Ottawa Ave N
- 2) Brookview.....200 Brookview Pkwy N
 - a. Park
 - b. Golf Course
 - c. Tennis Courts
 - d. Small Shelter
 - e. Large Shelter
 - f. Par 3
 - g. Golf Course Pro-Shop & Community Center
 - h. Driving Range
 - i. Lesson Tee
- 3) Davis Community Center.....5430 Glenwood Ave
- 4) Gearty.....3101 Regent Ave N
- 5) Glenview Terrace.....2351 Zenith Ave N
- 6) Golden Oaks.....1141 Valders Ave N
- 7) Hampshire.....1610 Louisiana Ave N
- 8) Isaacson Park.....7101 Sandburg Rd
- 9) Lakeview.....1521 Hillsboro Ave N

- | | | |
|-----|-----------------------------|---------------------|
| 10) | Lions..... | 151 Louisiana Ave N |
| 11) | Meadowbrook School..... | 5430 Glenwood Ave |
| 12) | Medley..... | 2331 Ensign Ave N |
| 13) | Minnesota Arts School..... | 6125 Olson Mem Hwy |
| 14) | Natchez..... | 201 Natchez Ave |
| 15) | Noble School..... | 2601 Noble Ave N |
| 16) | Sandburg Middle School..... | 2400 Sandburg Ln |
| 17) | Schaper..... | 631 Ottawa Ave N |
| 18) | Scheid..... | 1856 Toledo Ave N |
| 19) | Seeman..... | 1101 Florida Ave N |
| 20) | St. Croix..... | 5850 St Croix Ave N |
| 21) | Stockman..... | 3300 Major Ave N |
| 22) | Tyrol – North..... | 900 Westwood Dr S |
| 23) | Tyrol – South..... | 1510 Kaltern Ln |
| 24) | Wesley – North..... | 8305 Wesley Dr |
| 25) | Wesley – South..... | 8200 Plymouth Ave |
| 26) | Wildwood Park..... | 7401 Duluth St |
| 27) | Yosemite..... | 351 Yosemite Ave |



ADOPT A PARK

TAKE PRIDE IN YOUR PARKS



Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>Girl Scout Troop 13342</u>
<u>Gearty - 3101 Regent Ave N</u>	<u>Herb Purdy</u>
<u>Hampshire - 1610 Louisiana Ave N</u>	<u>Brian Middleton</u>
<u>Lakeview - 1521 Hillsboro Ave N</u>	<u>Krouss Family</u>
<u>Lions - 151 Louisiana Ave N</u>	<u>Kueny & Knippenberg Family</u>
<u>Medley - 2331 Ensign Ave N</u>	<u>Golden Valley Federated Women's Club</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>Golden Valley Police Reserves</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>WSB & Associates</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	<u>Jack Stratton</u>

Neighborhood Parks

<u>Glenview - 2351 Zenith Ave N</u>	<u>Elephant Park Book Group</u>
<u>Golden Oaks - 1141 Valders Ave N</u>	<u>Kim Stroup</u>
<u>Natchez - 201 Natchez Ave N</u>	<u>Hanscom & Dritsas Families</u>
<u>North Tyrol - 900 Westwood Dr S</u>	<u>Marcie Schlaeger</u>
<u>Seeman - 1101 Florida Ave N</u>	<u>Northwest Suburban Optimist Club</u>
<u>South Tyrol - 1510 Kaltern Ln</u>	<u>Allianz</u>
<u>St. Croix - 5850 St. Croix Ave N</u>	<u>Covenant Village</u>
<u>Stockman - 3300 Major Ave N</u>	<u>WSB & Associates</u>
<u>Sweeney Lake</u>	<u>Hidden Lakes Association</u>
<u>Wildwood - 7401 Duluth St</u>	<u>Robertson Family</u>
<u>Yosemite - 351 Yosemite Ave N</u>	<u>Geving & Palkert Families</u>

Nature Areas

<u>Adeline 910 Adeline Ln</u>	<u>Mike McHugh - State Farm Insurance</u>
<u>Bassett Creek (N of Duluth) - 2130 Zane Ave N</u>	<u>B.A. Raak</u>
<u>Bassett Creek (S of Duluth)</u>	<u>Covenant Village</u>
<u>Bassett Creek (west of Wisconsin)</u>	<u>ATS&R Architects & Engineers</u>
<u>Briarwood- 2600 Unity Ave</u>	<u>Girl Scout Troops 2316 & 1670</u>
<u>General Mills - 9201 Olson Memorial Hwy</u>	<u>GMI Grounds Crew</u>
<u>General Mills Research Nature Area</u>	<u>The Gannon's</u>
<u>Laurel Ave (east of Florida)</u>	<u>Golden Valley Lutheran Church</u>
<u>Laurel Ave (west of Florida to Jersey)</u>	<u>The Liberman Family</u>
<u>Laurel Ave (west of Jersey to Pennsylvania)</u>	<u>Jerry & Joan Monson</u>
<u>Mary Hills - 2190 Bonnie Ln</u>	<u>John & Pam Goranson & Barb Osborne</u>
<u>Pennsylvania Woods - 2301 Rhode Island Ave N</u>	<u>John & Pam Goranson & Barb Osborne</u>
<u>Rice Lake - 4120 Bassett Creek Dr</u>	<u>Tremere Family</u>
<u>Western Ave - 7600 Western Ave</u>	<u>Ilo & Peggy Leppik</u>

Special Use Facilities

Brookview Golf Course 200 Brookview Parkway S
Isacson Park (formerly Honeywell Little League Area) 7101 Sandburg Rd

Thank you to all the volunteers that help keep
our parks and nature areas beautiful.

Golden Valley City Council

*Council meets the 1st and 3rd Tuesday
of each month at 6:30 PM at the
Golden Valley Civic Center.*

Mayor: Shep Harris

City Manager: Tom Burt

Council Members:

Joanie Clausen, Paula Pentel,
DeDe Scanlon and Steve Schmidgall.

Open Space & Recreation Commission

*Commission meets the 4th Monday
of each month at 7:00 PM at
Brookview Community Center.*

Chair: Jerry Sandler

Vice-Chair: Bob Mattison

Members: Roger Bergman,
John Cornelius, Kelly Kuebelbeck,
Gillian Rosenquist, Anne Saffert,
Dawn Speltz and Daniel Steinberg.

Park & Recreation Staff

Brian Erickson
Interim Director of Parks & Recreation

Brian Erickson
Recreation Supervisor

Carrie Anderson
Recreation Supervisor

Jeanne Fackler
Senior Citizens Coordinator

Sheila Van Sloun
Administrative Assistant

Sandy Werts
Volunteer Coordinator

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Al Lundstrom
Park Maintenance Supervisor

Brookview Golf Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent



ACTIVITY REGISTRATION FORM

Parent/Guardian First Name: _____
(if Participant(s) are under 18)

Address: _____ Primary Phone: _____

City: _____ State: _____ Zip: _____ Secondary Phone: _____

Email: _____

Emergency Contact Name: _____ Phone: _____
(if different from above)

Special Needs, Disabilities or Allergies we should be aware of: _____

Participant's First & Last Name	M/F	Birthdate	Activity Name	Activity Code	Location	Fee
TOTAL DUE:						

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Location	Special Requests	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

Payment Type

☐ Cash

☐ Check # _____

☐ VISA

☐ MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment: _____



Registration Information

Make checks payable to:
City of Golden Valley

Online

www.goldenvalleymn.gov

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line registration is available 24/hrs a day.

Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, Minnesota 55426

In Person

Walk-in registration are accepted at Brookview Community Center during business hours.

Fax 763-512-2344

Available on for VISA or MasterCard payments. You may fax registration 24/hours a day.

Phone 763-512-2345

With VISA or MasterCard during business hours. Please have your card ready.

Registration Confirmation

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

Cancellation/Refund Policy

All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

Senior Trip Refund Policy

No refunds will be issued after the registration deadline for trips involving the advance purchase by the city for tickets or transportation.

Inclusion Requests

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.

*Stay home & save gas!
Register online with*



friends of the Golden Valley Library

USED BOOK SALE

Hundreds of adult and children's fiction and nonfiction books in hardcover and paperback are for sale. Most books, withdrawn from the Hennepin County Library system or donated by the public, will be priced \$1 or less. Funds raised benefit the library.

Saturday, October 19
10:00 AM-4:00 PM

Sunday, October 20
12:00-3:00 PM
(Bag sale)



Park & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426-1364

Prsrt Std
US Postage Paid
Permit No. 1659
Twin Cities., MN

*****ECRWSS**
POSTAL CUSTOMER

DATED MATERIAL
PLEASE DELIVER PROMPTLY

Monster Mash Teen Dance

FRIDAY, OCTOBER 25
7:00-9:30 PM

CRYSTAL COMMUNITY CENTER

Grades
5-7

\$5 if paid by Oct 24, \$8 at door
Code: 12361

Are you ready to have a ghoulish time at this annual event? There will be music, contests, prizes and fun. Music provided by a DJ from KIDSDANCE/Total Entertainment. Wear a costume and receive a treat! Participate in the Costume Contest and you could win a prize! Please note-inappropriate costumes and/or behavior at the event will not be allowed. Event is co-sponsored with Crystal, Robbinsdale and New Hope. Save some money by registering in advance!

Daddy/Daughter Princess Ball

Ages 3-9 with Daddy

Join us for an enchanted evening with Once Upon a Star's Cinderella, and her friends Sleeping Beauty and Pocahontas. Princesses ages 3-9 and your daddy, will enjoy dancing, a snack, a photo, and craft project. Adults bring a camera to capture this memorable evening. Register by November 7.

Friday, November 15
6:15-7:45 PM
Brookview Community Center

\$21/pair Resident
(Crystal, Golden Valley, New Hope, Robbinsdale)

\$28/pair Non-Resident
Code: 12330

Mailbox to the North Pole

Santa Claus will have a special Direct-to-the-North Pole mailbox at Brookview Community Center, where boys and girls can drop off their letters. Santa's helpers will pick up the letters each evening and deliver them straight to the North Pole. Santa Claus requests that each letter include the full name and address of each sender so he can reply to each one.

December 6-20, 2013
Brookview Community Center

SUPPER WITH SANTA

**Ages 2+
with an
Adult**

Friday, December 6 • 6:00-7:30 PM
Brookview Community Center

Spend a special Friday evening having pizza dinner with holiday music. After dinner, enjoy a fun-filled holiday show, and of course, a visit from Santa Claus!
All children must be accompanied by an adult.

\$10/Res
\$15/Non-Res
\$5/adult meal
2 & under Free
Code: 12349

